KRAFT

food&family cookbook

strawberry whipped sensation

best-loved recipes

because

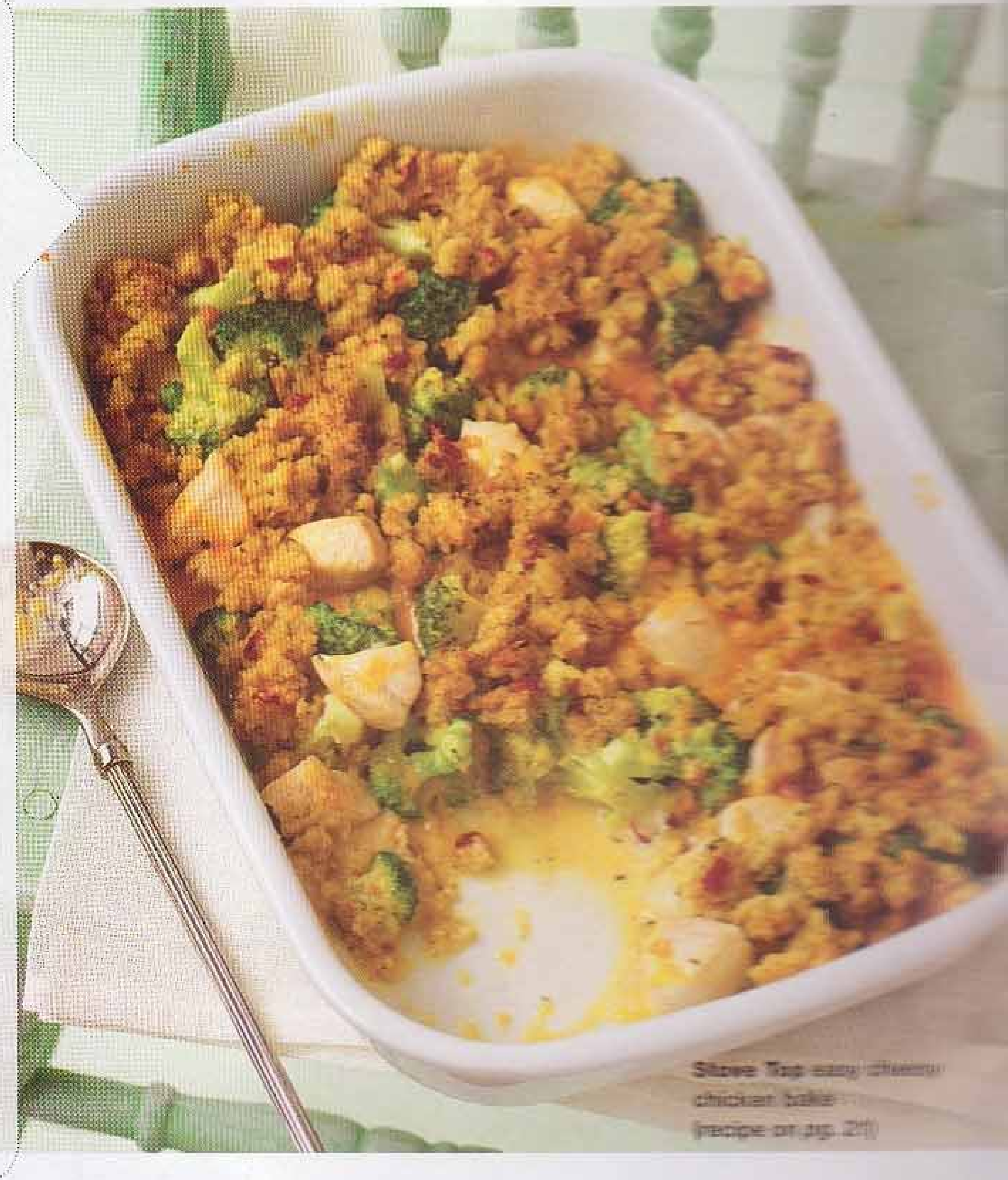
"Oh my gosh–this was so delicious."
"It's so easy but tastes like it took hours!"
"... my whole family loves this recipe."

OVER THE YEARS THIS IS WHAT YOU, OUR READERS, HAVE TOLD US about your favorite recipes in *food&family* magazine. The reasons you chose them are the same reasons we love them too: easy, festive, better-for-you, family-pleasing, crowd-pleasing. And of course because they are full of flavor!

But there's another reason so many recipes topped the charts: They taste like ones you enjoy at your favorite restaurants. Knowing you can make them at home for less definitely makes them winners–and you, smart cooks too!

Our hope is that over time this book's pages will become splattered and dog-eared, a true sign that these recipes continue to bring enjoyment to you and your family.

KRAFT KITCHENS EXPERT
Susanne Stark



Stove Top easy cheesy chicken bake (recipe on pg. 21)

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HEALTHY LIVING

Our Healthy Living sun indicates a recipe that was designed with your health in mind.
Nutrition information for the recipes in this cookbook is listed in the Recipe Nutrition Index on page 32. For more Healthy Living recipes, tips and tools, visit kraftfoods.com/healthyliving.

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appetizers & drinks

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easy olive spread
(recipe on following page)

★★★★★
reader review

"I add some of the juice from the olives and use this to stuff celery. **It's always requested at family dinners.**"

Submitted on 12/28/2005 by AWELLS64501

easy olive spread

(shown on *p. 1*)

PREP 5 min. plus refrigerating
MAKES 10 servings, 2 Tbsp. spread and 5 crackers each.

what you need

1 tub **Philadelphia** Cream Cheese Spread
⅓ cup chopped stuffed green olives
Ritz Crackers

make it

MIX cream cheese spread and olives; cover.

REFRIGERATE 1 hour. Serve as a spread with the crackers.

the ultimate stuffed mushroom

the ultimate stuffed mushroom

PREP 20 min. **TOTAL** 35 min. **MAKES** 20 servings.

what you need

20 fresh mushrooms
3 Tbsp. butter
2 Tbsp. finely chopped onions
2 Tbsp. finely chopped red peppers
14 **Ritz** Crackers, finely crushed (about ½ cup)
2 Tbsp. **Kraft** Grated Parmesan Cheese
½ tsp. Italian seasoning

make it

HEAT oven to 400°F. Remove stems from mushrooms. Finely chop enough stems to measure ¼ cup. Discard remaining stems or refrigerate for another use.

MELT butter in large skillet on medium heat. Add chopped stems, onions and peppers; cook and stir until tender. Stir in cracker crumbs, cheese and seasoning; spoon into mushroom caps. Place on baking sheet.

BAKE 15 min. or until heated through.

zesty hot holiday broccoli dip

PREP 10 min. **TOTAL** 40 min.
MAKES about 3 cups dip or 25 servings, about 2 Tbsp. dip and 16 crackers each.

what you need

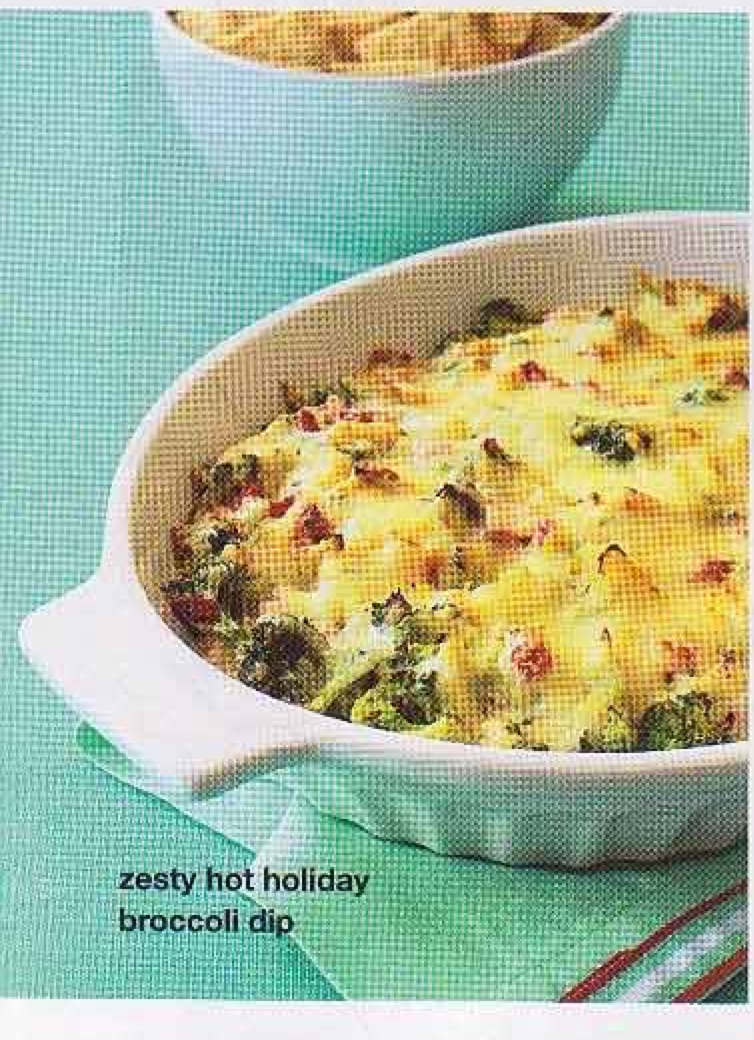
- 1 cup **Miracle Whip** Light Dressing
- 1 pkg. (10 oz.) frozen chopped broccoli, thawed, well drained
- 1 jar (2 oz.) diced pimientos, drained
- ½ cup **Kraft** Grated Parmesan Cheese
- 1 cup **Kraft** 2% Milk Shredded Mozzarella Cheese, divided
- **Wheat Thins** Reduced Fat Baked Snack Crackers

make it

HEAT oven to 350°F. Combine first 4 ingredients and ½ cup mozzarella.

SPREAD into 1-qt. baking dish or 9-inch pie plate.

BAKE 20 to 25 min. or until heated through. Sprinkle with remaining mozzarella; bake 5 min. or until melted. Serve with crackers.



zesty hot holiday broccoli dip

mexican layered dip

PREP 10 min. plus refrigerating
MAKES 5 cups or 40 servings, 2 Tbsp. each.

what you need

- 1 pkg. (8 oz.) **Philadelphia** Neufchatel Cheese, softened
- 1 Tbsp. **Taco Bell® Home Orginals®** Taco Seasoning Mix
- 1 cup **Taco Bell® Home Originals®** Thick 'N Chunky Salsa
- 1 cup drained canned black beans, rinsed
- 4 green onions, chopped
- 1 cup **Kraft** 2% Milk Shredded Cheddar Cheese
- 1 cup shredded lettuce
- 2 Tbsp. sliced black olives
- 3 pkg. (13 oz. each) baked tortilla chips

make it

BEAT Neufchatel cheese in medium bowl with mixer until creamy. Add seasoning mix; beat until well blended. Spread onto serving plate or bottom of pie plate.

TOP with all remaining ingredients except chips.

REFRIGERATE 1 hour. Serve with chips.

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bacon appetizer crescents

PREP 30 min. **TOTAL** 45 min. **MAKES** 8 doz. or 24 servings, 4 crescents each.

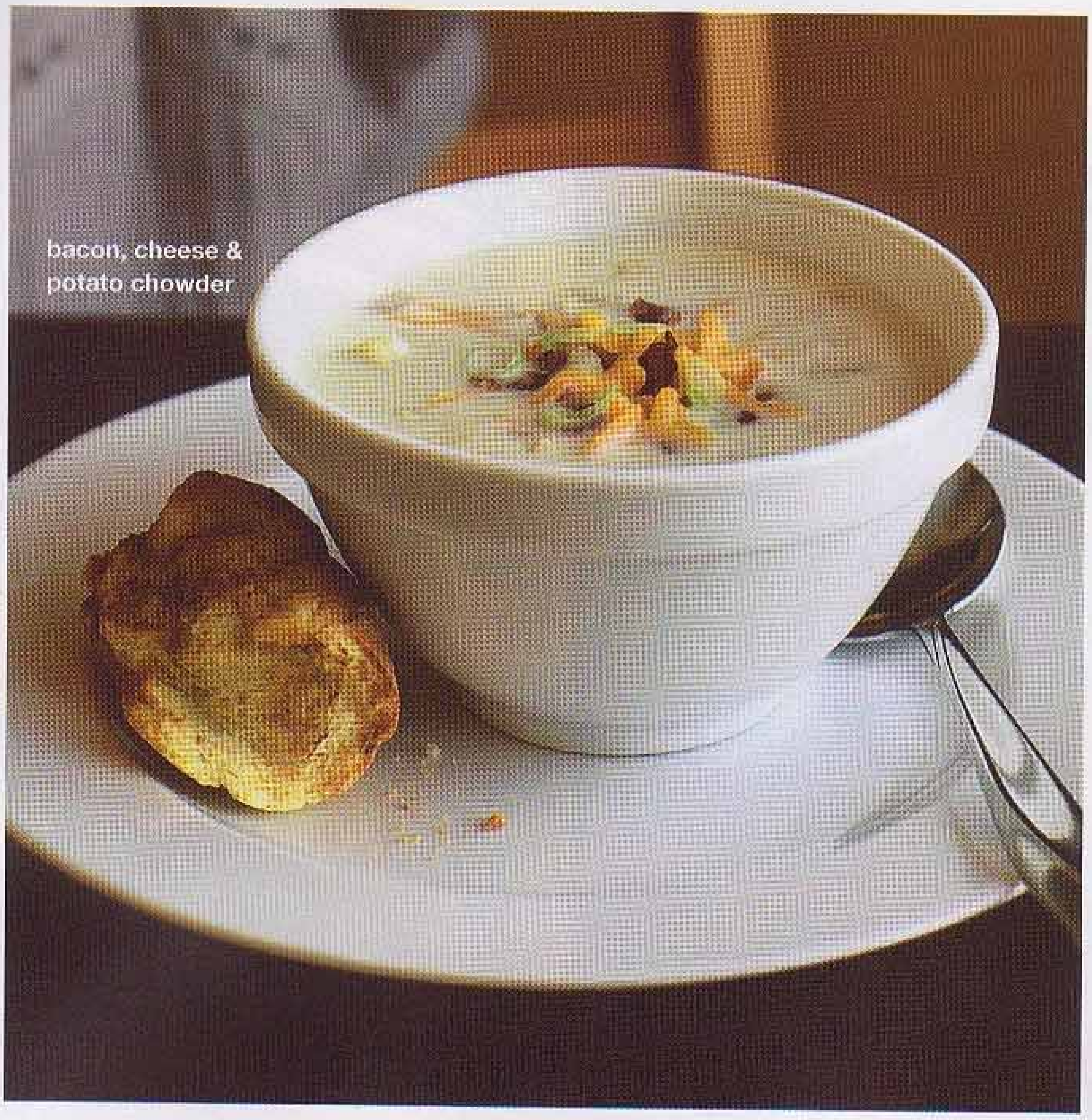
what you need

- 1 pkg. (8 oz.) **Philadelphia** Cream Cheese, softened
- 8 slices **Oscar Mayer** Bacon, crisply cooked, crumbled
- 1/3 cup **Kraft** Grated Parmesan Cheese
- 1/4 cup finely chopped onions
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. milk
- 2 cans (8 oz. each) refrigerated crescent dinner rolls

make it

1 heat oven to 375°F. Mix all ingredients except crescent dough. Separate each can of dough into 4 rectangles; press perforations together to seal. Spread each rectangle with 2 rounded Tbsp. cream cheese mixture, then cut into 12 wedges.

2 roll up wedges, starting at short ends. Place, seam-sides down, on greased baking sheet. Bake 12 to 15 min. or until golden brown. Serve warm.


bacon, cheese & potato chowder

bacon, cheese & potato chowder

PREP 10 min. **TOTAL** 25 min. **MAKES** 6 servings, 1 cup each.

what you need

- 3 cups fat-free milk
- 1 can (10¾ oz.) condensed cream of potato soup
- 2 cups frozen Southern-style hash browns
- 1 cup **Kraft** 2% Milk Shredded Sharp Cheddar Cheese
- 2 slices **Oscar Mayer** Bacon, cooked, crumbled
- 2 green onions, thinly sliced

make it

MIX milk and soup in large saucepan. Stir in hash browns. Bring to boil on high heat, stirring occasionally; simmer on medium-low heat 10 min., stirring frequently.

SERVE topped with cheese, bacon and onions.

★★★★★ reader review

"We paired it up with some crusty French bread. Easy to make on a cold winter day!"

Submitted on 12/23/2008 by CATHY7620

favorite topped deviled eggs

PREP 15 min. **MAKES** 24 servings.

what you need

- 12 hard-cooked eggs
- 4 oz. (½ of 8-oz. pkg.) **Philadelphia** Neufchatel Cheese, softened
- 3 Tbsp. **Kraft** Light Mayo Reduced Fat Mayonnaise
- 2 tsp. **Grey Poupon** Dijon Mustard
- 2 tsp. white vinegar
- 1 tsp. sugar
- ⅛ tsp. paprika

make it

CUT eggs lengthwise in half. Remove yolks; place in medium bowl. Add all remaining ingredients except paprika; mix well.

SPOON into resealable plastic bag. Cut small corner from bottom of bag; pipe filling into egg whites. Sprinkle with paprika.

ADD toppings, if desired.

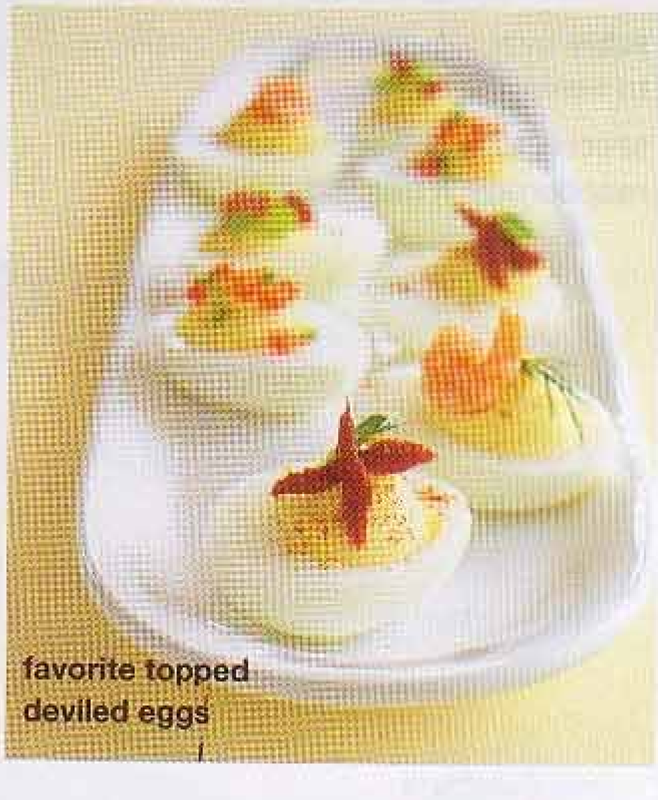
topping variations:

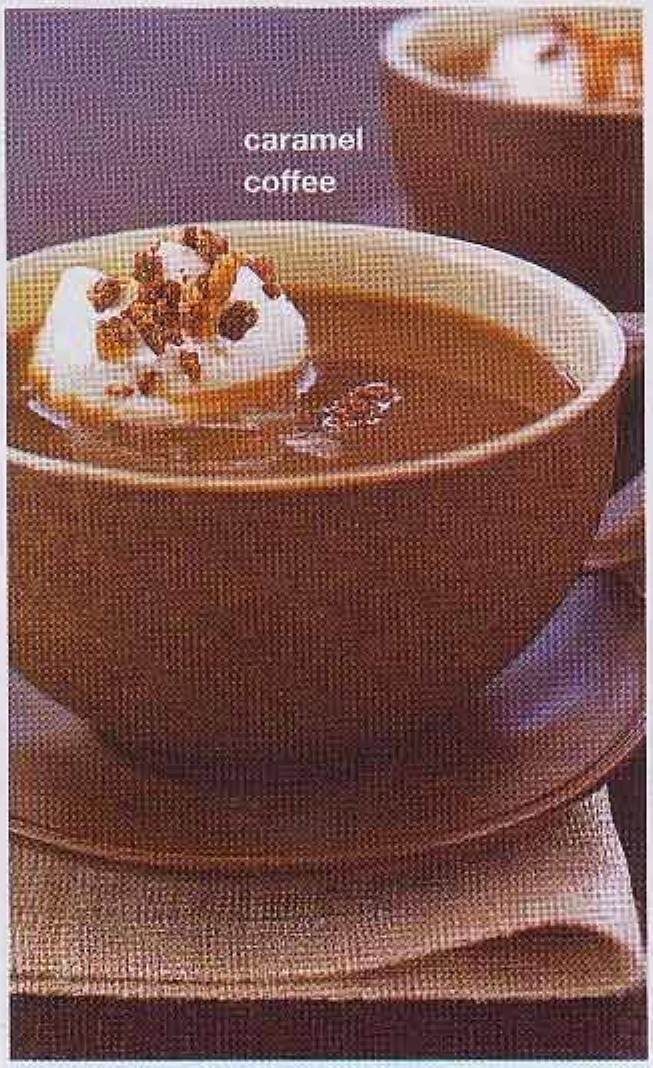
COUNTRY FAVORITE: Top with 10 slices cooked and crumbled **Oscar Mayer** Bacon and 2 finely chopped green onions.

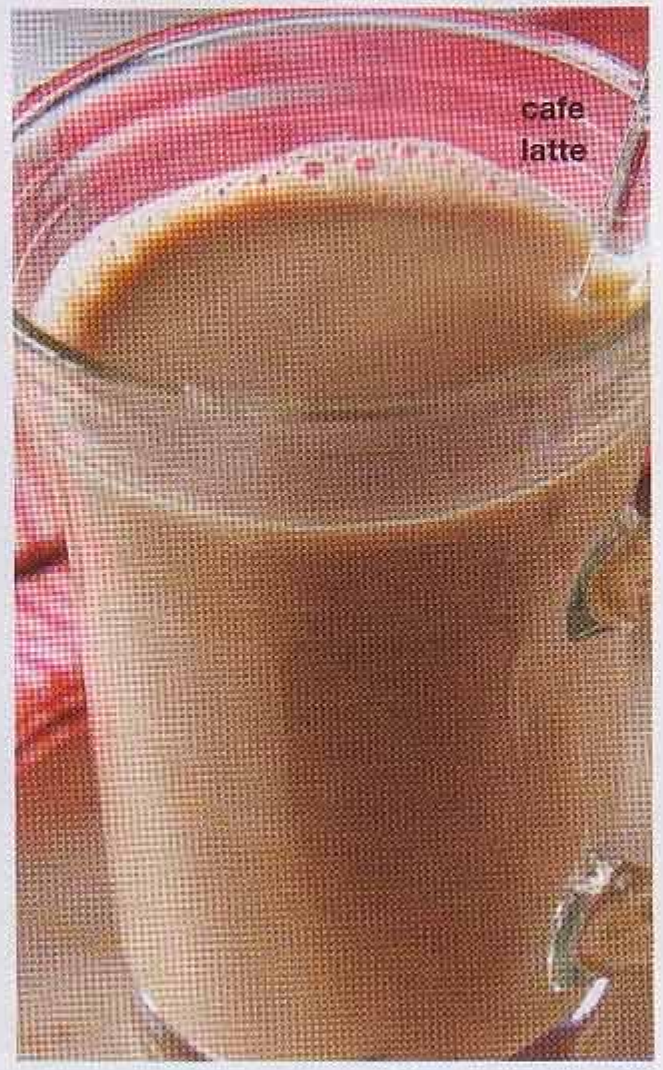
IT'S ITALIAN: Top with ½ cup thinly sliced drained jarred sun-dried tomatoes packed in oil and ¼ cup thinly sliced fresh basil.

FIESTA TIME: Top with 6 Tbsp. finely chopped red peppers and 1 Tbsp. chopped cilantro.

COASTAL DELIGHT: Top with ½ cup drained canned baby shrimp and 2 Tbsp. chopped fresh dill.


favorite topped deviled eggs





razzmopolitan

PREP 10 min. **MAKES** 7 servings, 1 cup each.

what you need

- 1¼ qt. (5 cups) cold water
- 1 tub **Crystal Light Sunrise** Classic Orange Flavor Drink Mix
- 2 cups light cranberry raspberry drink
- ¼ cup fresh lime juice

make it

ADD water to drink mix in large plastic or glass pitcher; stir until mix is dissolved.

STIR in remaining ingredients.

SERVE over ice. Or, refrigerate until ready to serve.

SPECIAL EXTRA: Garnish with fresh raspberries, if desired.

caramel coffee

PREP 10 min. **MAKES** 6 servings, ¾ cup each.

what you need

- 6 Tbsp. ground **Maxwell House** Coffee or **Yuban** Coffee, any variety
- ½ cup caramel ice cream topping
- 4½ cups cold water
- ¾ cup thawed **Cool Whip** Whipped Topping
- 2 Tbsp. chopped chocolate-covered toffee

make it

PLACE coffee in filter in brew basket of coffeemaker.

POUR caramel topping into empty pot of coffeemaker. Prepare coffee with cold water. When brewing is complete, stir until well blended.

SERVE topped with **Cool Whip** and toffee.

cafe latte

PREP 10 min. **MAKES** 1 serving.

what you need

- ½ cup milk
- ⅓ cup hot freshly brewed **Maxwell House** Italian Espresso Roast Coffee

make it

HEAT milk in small saucepan on low heat, stirring briskly and constantly with whisk to create foam.

POUR coffee into mug or large cup. Stir in milk.

★★★★★ reader review

"This now takes the place of my Cinnamon Dolce Cafe Latte. It's just as good and a lot cheaper!"

Submitted on 12/7/2008 by
SWESTBROOKS1

salads & sides

8 garden vegetable salad stacker
8 classic layered salad
9 chicken & citrus salad
10 feta and vegetable rotini salad
10 mixed greens & pear salad
11 grilled new potato packet
12 easy cheesy scalloped potatoes
12 maple-glazed baby carrots

garden vegetable salad stacker
(recipe on following page)

★★★★★ reader review

"Very easy to make and a pleasure to eat. This is a keeper."

Submitted on 10/9/2008 by LOISCHES

garden vegetable salad stacker

(shown on p. 7)

PREP 10 min. **MAKES** 6 servings.

what you need

- 2 large tomatoes, each cut into 6 slices
- 6 oz. **Kraft** Low-Moisture Part-Skim Mozzarella Cheese, cut into 6 slices
- 1/3 cup **Kraft** Zesty Italian Dressing, divided
- 1 large red onion, cut into 6 slices
- 1 seedless cucumber, cut into 12 slices
- 6 fresh basil leaves

make it

PLACE 6 tomato slices on platter; top each with 1 cheese slice. Drizzle with half the dressing.

TOP each stack with 1 onion slice, 2 cucumber slices and second tomato slice.

DRIZZLE with remaining dressing; top with basil.

classic layered salad

classic layered salad

PREP 20 min. plus refrigerating **MAKES** 8 servings. 1 cup each.

what you need

- 8 cups chopped iceberg lettuce
- 1 small red onion, sliced, separated into rings
- 1 pkg. (10 oz.) frozen peas, cooked, cooled
- 1 pkg. (6 oz.) **Oscar Mayer** Smoked Ham, chopped
- 3/4 cup **Kraft** Real Mayo Mayonnaise
- 1/4 cup **Kraft** Grated Parmesan Cheese
- 1 Tbsp. sugar
- 1 cup **Kraft** 2% Milk Shredded Cheddar Cheese
- 2 small tomatoes, chopped

make it

LAYER lettuce, onions, peas and ham in large straight-sided clear glass bowl.

MIX mayo, Parmesan and sugar; spread over salad to seal. Refrigerate several hours or up to 24 hours.

TOP with Cheddar and tomatoes just before serving; toss gently.

chicken & citrus salad

PREP 15 min. **MAKES** 4 servings, 3 cups each.

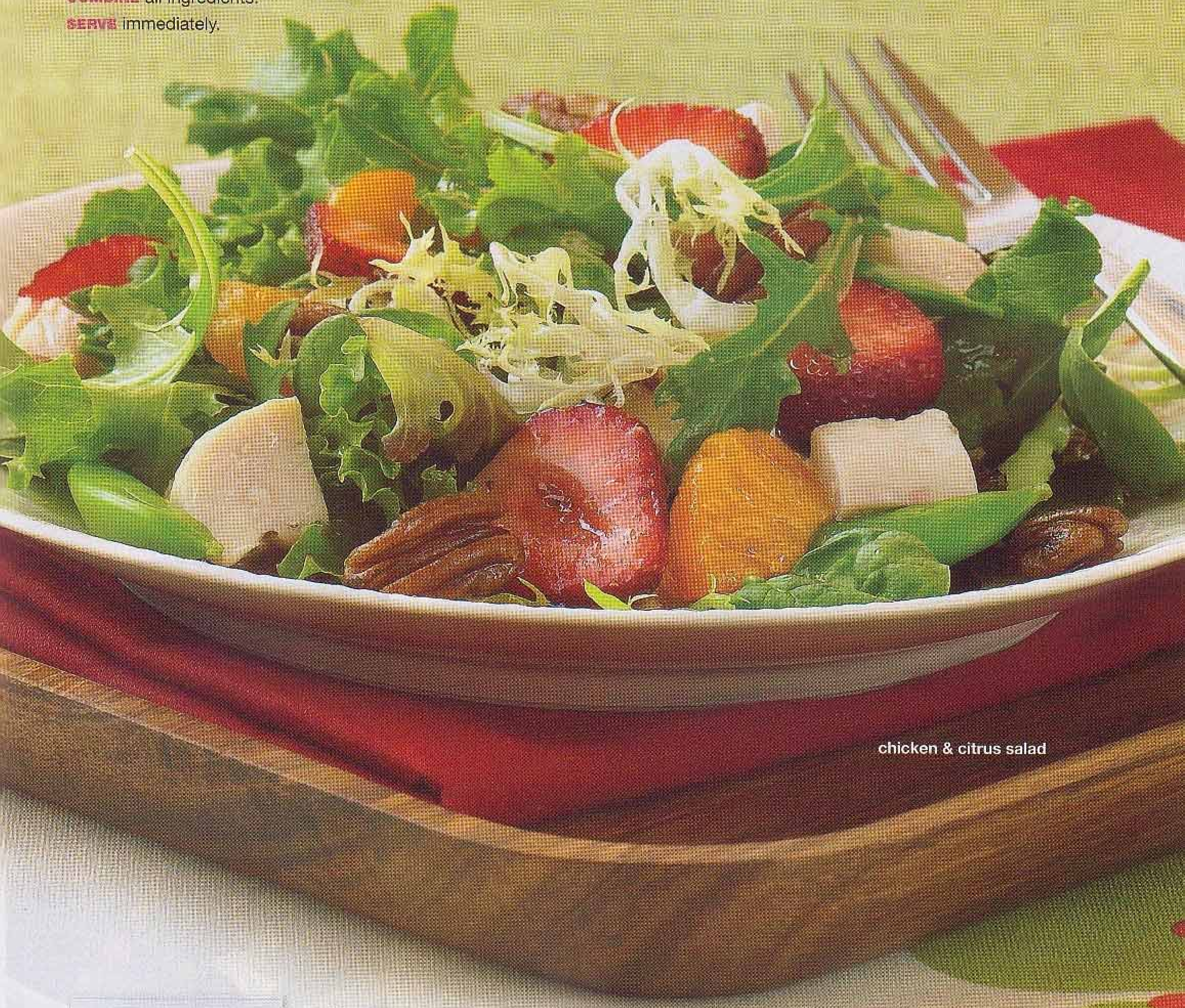
what you need

- 4 cups each baby spinach leaves and torn mixed salad greens
- 2 cups sliced fresh strawberries
- 1 can (15 oz.) mandarin oranges, drained
- ½ lb. sugar snap peas, halved
- 1 pkg. (6 oz.) **Oscar Mayer** Deli Fresh Oven Roasted Chicken Breast Cuts
- ½ cup **Planters** Pecan Halves, toasted
- ½ cup **Kraft** Light Raspberry Vinaigrette Dressing

make it

COMBINE all ingredients.

SERVE immediately.



chicken & citrus salad

★★★★★ reader review

"I used leftover chicken from the night before. It all turned out SO good!"

Submitted on 4/26/2005 by KIMBERLY1074

feta and vegetable rotini salad

mixed greens & pear salad

PREP 10 min. **MAKES** 6 servings, 1 cup each.

what you need

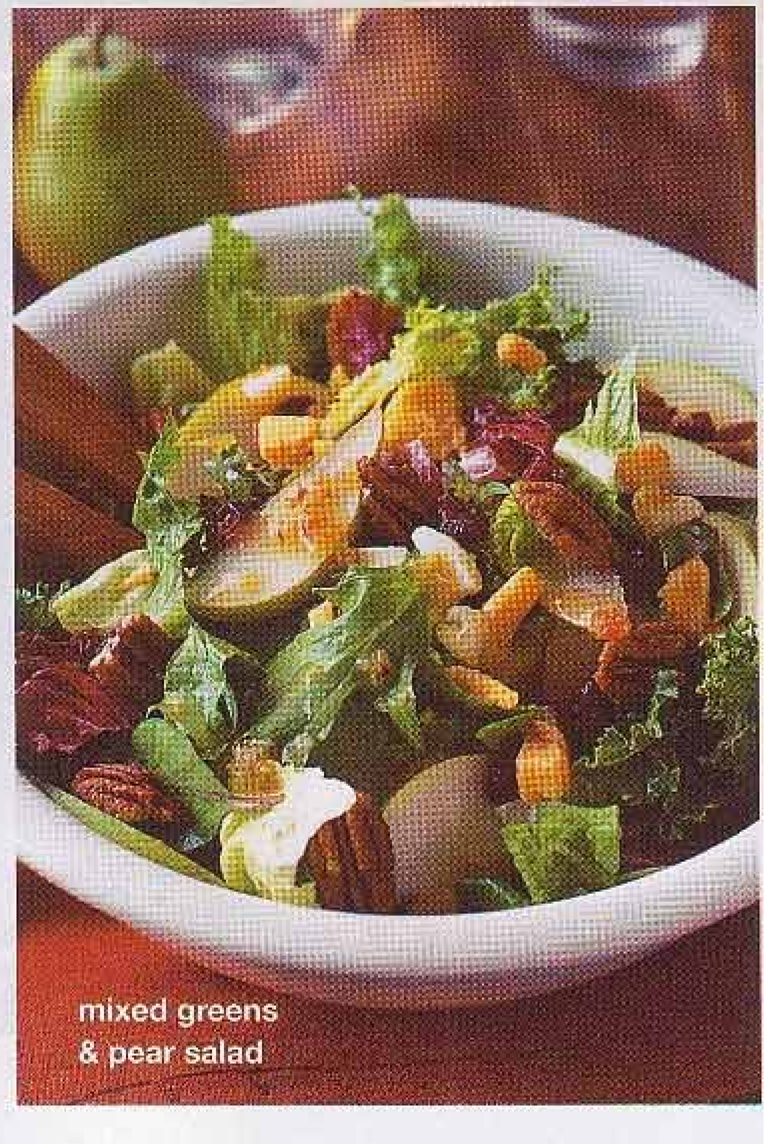
- 1/3 cup **Planters** Pecan Halves
- 1/2 tsp. cinnamon sugar
- 1 pkg. (5 oz.) torn mixed salad greens
- 1 large pear, thinly sliced
- 1/2 cup **Kraft** 2% Milk Shredded Sharp Cheddar Cheese
- 1/4 cup dried cranberries
- 1/3 cup **Kraft** Light House Italian Dressing

make it

COMBINE nuts and cinnamon sugar in microwaveable pie plate sprayed with cooking spray; spread evenly onto bottom of pie plate. Microwave on HIGH 1 to 1½ min. or until nuts are toasted, stirring every 30 sec.

TOSS greens with pears, cheese and cranberries in large bowl.

ADD nuts and dressing; mix lightly. Serve immediately.



mixed greens & pear salad

feta and vegetable rotini salad

PREP 20 min. plus refrigerating **MAKES** 8 servings, about 1 cup each.

what you need

- 3 cups rotini pasta, cooked, drained and cooled
- 1 cup **Athenos** Traditional Crumbled Feta Cheese
- 1 cup halved cherry tomatoes
- 1 cup chopped cucumbers
- 1/2 cup sliced black olives
- 1/2 cup **Kraft** Zesty Italian Dressing
- 1/4 cup finely chopped red onions

make it

COMBINE ingredients.

REFRIGERATE 1 hour.

grilled new potato packet

PREP 5 min. TOTAL 25 min. MAKES 4 servings, ¾ cup each.

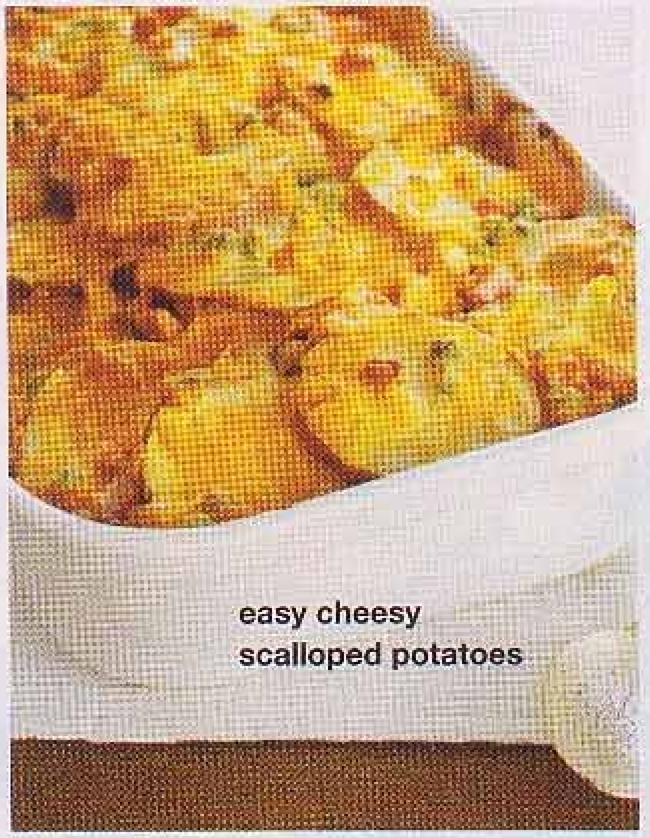
what you need

- ½ lb. each red and white baby new potatoes (about 4 each)
- 2 Tbsp. water
- 2 tsp. oil
- 3 Tbsp. **Kraft** Sun-Dried Tomato Dressing
- 2 Tbsp. **Kraft** Grated Parmesan Cheese
- 1 Tbsp. chopped fresh parsley

make it

1 heat grill to medium heat. Place potatoes in center of large piece of heavy-duty foil. (Or, use a double layer of regular foil.) Drizzle with water and oil. Bring up foil sides.

2 double-fold top and ends to seal packet, leaving room for heat circulation inside. Grill 18 to 20 min. or until potatoes are tender. Cut slits in foil to release steam. Open packet. Drizzle potatoes with dressing; sprinkle with cheese and parsley.



easy cheesy scalloped potatoes

maple-glazed baby carrots

PREP 5 min. **TOTAL** 25 min. **MAKES** 10 servings, ½ cup each.

what you need

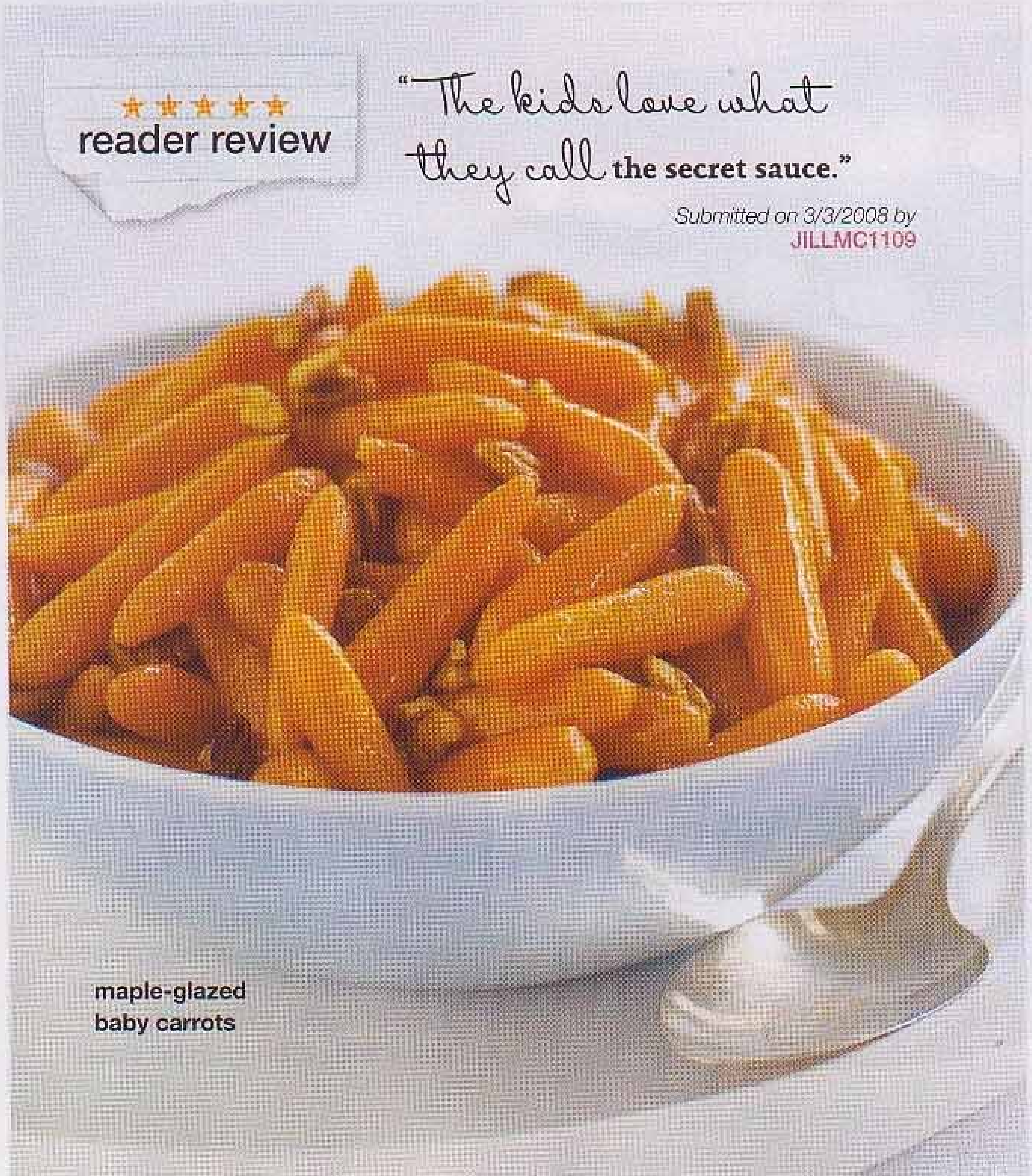
- 2 lb. baby carrots
- ¼ cup **Kraft** Light **Catalina** Dressing
- ¼ cup maple-flavored or pancake syrup
- 1 Tbsp. butter
- ½ cup coarsely chopped **Planters** Pecans

make it

COOK carrots in boiling water in large saucepan 12 to 14 min. or until tender; drain.

BRING dressing and syrup to boil in same saucepan on medium heat, stirring frequently. Stir in carrots; cook until glaze is thickened, stirring frequently.

ADD butter; stir until melted. Stir in nuts.



maple-glazed baby carrots

easy cheesy scalloped potatoes

PREP 30 min. **TOTAL** 1 hour
MAKES 15 servings, ¾ cup each.

what you need

- 1 pkg. (8 oz.) **Philadelphia** Cream Cheese, softened
- ½ cup **Breakstone's** or **Knudsen** Sour Cream
- 1 cup chicken broth
- 3 lb. red potatoes (about 9), thinly sliced
- 1 pkg. (6 oz.) **Oscar Mayer** Smoked Ham, chopped
- 1 pkg. (8 oz.) **Kraft** Shredded Cheddar Cheese, divided
- 1 cup frozen peas

make it

HEAT oven to 350°F. Mix cream cheese, sour cream and broth in large bowl until well blended. Add potatoes, ham, 1¾ cups of the cheese and peas; stir gently to coat all ingredients.

SPOON into 13×9-inch baking dish sprayed with cooking spray. Sprinkle with remaining cheese.

BAKE 1 hour or until casserole is heated through and potatoes are tender.

main dishes

14 chicken parmesan bundles
14 cheddar macaroni beef casserole
15 slow-cooker bbq pork sandwiches
16 baked salmon with tomatoes, spinach & mushrooms
16 ultimate grilled steak
17 layered enchilada bake
18 chicken lo mein
19 cheesy stuffed shells
19 bacon cheeseburger roll-up
20 one-pan chicken and potato bake
21 **Stove Top** easy cheesy chicken bake
21 one-pot salsa beef skillet
22 quick & easy pork chop skillet
22 sweet bbq chicken kabobs

chicken parmesan bundles
(recipe on following page)

chicken parmesan bundles (shown on p. 13)

PREP 35 min. **TOTAL** 1 hour 5 min.
MAKES 6 servings.

what you need

- 4 oz. (1/2 of 8-oz. pkg.) **Philadelphia** Cream Cheese, softened
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
- 1 1/4 cups **Kraft** Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
- 6 Tbsp. **Kraft** Grated Parmesan Cheese, divided
- 6 small boneless skinless chicken breast halves (1 1/2 lb.), pounded to 1/4-inch thickness
- 1 egg
- 10 **Ritz** Crackers, crushed (about 1/2 cup)
- 1 1/2 cups spaghetti sauce, heated

make it

HEAT oven to 375°F. Mix cream cheese, spinach, 1 cup mozzarella and 3 Tbsp. Parmesan until well blended; spread onto chicken breasts. Starting at one short end of each breast, roll up chicken tightly. Secure with wooden toothpicks, if desired. Set aside.

BEAT egg in shallow dish. Mix remaining Parmesan and cracker crumbs in separate shallow dish. Dip chicken bundles in egg, then roll in crumb mixture. Place, seam-sides down, in 13×9-inch baking dish sprayed with cooking spray.

BAKE 30 min. or until chicken is done (165°F). Remove and discard toothpicks, if using. Serve topped with spaghetti sauce and remaining mozzarella.

HEALTHY LIVING: Save 40 calories and 4 grams of fat per serving by preparing with **Philadelphia** Neufchatel Cheese, **Kraft** 2% Milk Shredded Mozzarella Cheese and **Ritz** Reduced Fat Crackers.

cheddar macaroni beef casserole

PREP 20 min. **TOTAL** 30 min. **MAKES** 4 servings, 1 3/4 cups each.

what you need

- 1 pkg. (7 1/4 oz.) **Kraft** Macaroni & Cheese Dinner
- 1 lb. lean ground beef
- 1 can (14 1/2 oz.) Italian-style stewed tomatoes, undrained
- 1/2 tsp. dried oregano leaves
- 1/2 cup **Kraft** Shredded Cheddar Cheese

make it

HEAT oven to 400°F. Prepare Dinner as directed on package, omitting the butter. Meanwhile, brown meat in large nonstick skillet on medium-high heat; drain. Add tomatoes and oregano; mix well. Bring to boil.

ADD meat mixture to Dinner; spoon into 9-inch square baking dish. Sprinkle with Cheddar.

BAKE 10 min. or until Cheddar is melted and casserole is heated through.

cheddar macaroni beef casserole

slow-cooker bbq pork sandwiches

PREP 10 min. **TOTAL** 8 hours 10 min. **MAKES** 8 servings.

what you need

- 1 boneless pork shoulder (2 lb.)
- 3 onions, sliced, separated into rings
- ½ cup **Kraft** Original Barbecue Sauce
- 8 kaiser rolls, split
- 8 **Kraft** Singles

make it

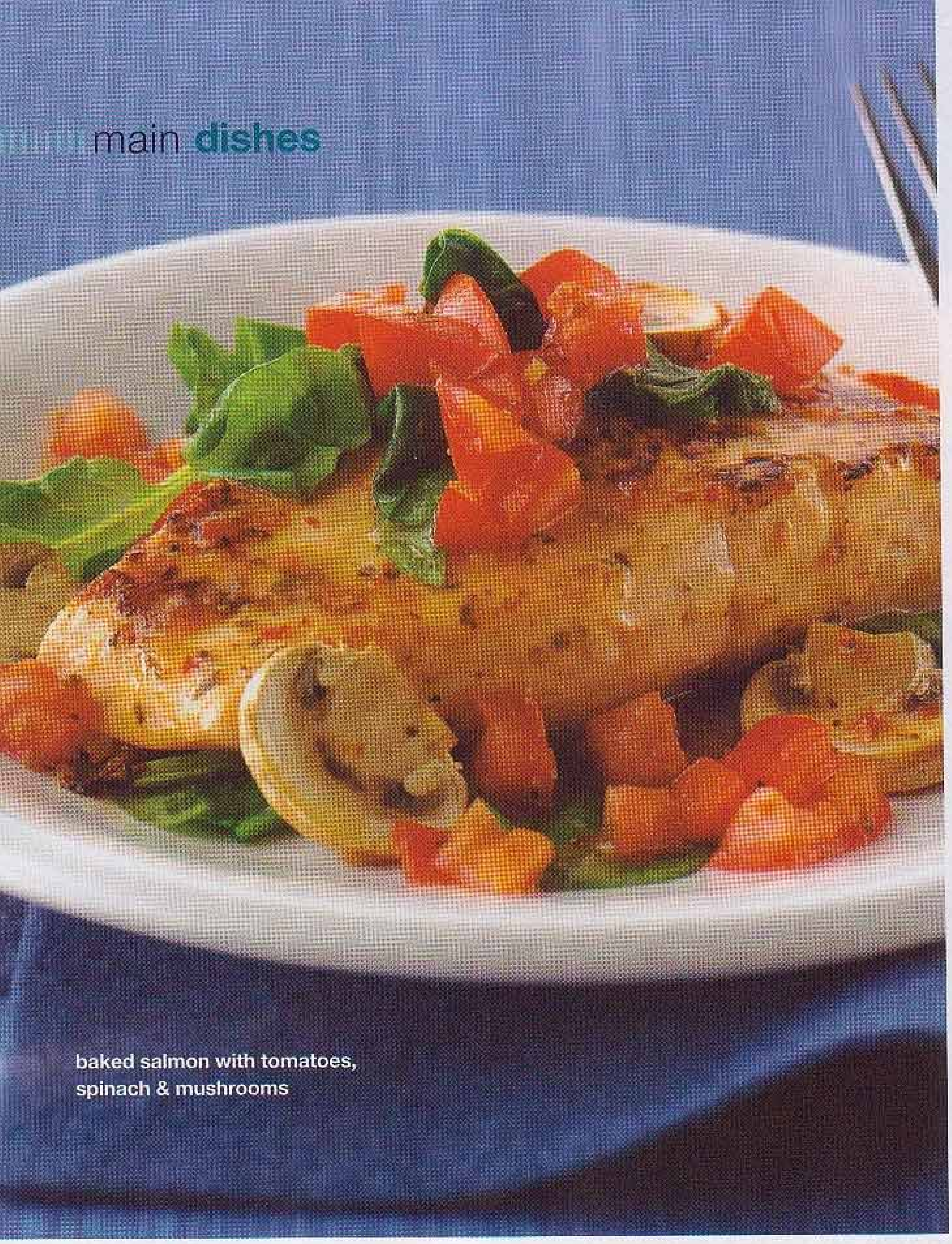
1 place meat in slow cooker; top with onions and barbecue sauce. Cover with lid. Cook on LOW 8 to 10 hours (or on HIGH 4 to 5 hours).

2 remove meat from slow cooker; cut off and discard excess fat. Chop meat into small pieces or shred with fork. Return to slow cooker; stir to coat with sauce. Fill rolls with meat mixture and Singles just before serving.

★★★★★ reader review

"So easy!! **All the flavor of ribs but at a fraction of the price. A winner all around."**

Submitted on 1/10/2008 by DEBFROMCANADA


baked salmon with tomatoes, spinach & mushrooms

★★★★★ reader review

"This was excellent! I even impressed my mother-in-law!!"

Submitted on 4/21/2009 by ZEUSLEEMOM

baked salmon with tomatoes, spinach & mushrooms

PREP 10 min. **TOTAL** 35 min.
MAKES 4 servings.

what you need

- 4 salmon fillets (1 lb.)
- 2 cups chopped fresh spinach leaves
- 1 cup sliced fresh mushrooms
- 1 tomato, chopped
- ½ cup **Kraft** Sun-Dried Tomato Dressing

make it

HEAT oven to 375°F. Place fish fillets, skin-sides down, in 13×9-inch baking dish sprayed with cooking spray.

COMBINE remaining ingredients; spoon over fish.

BAKE 20 to 25 min. or until fish flakes easily with fork.

ultimate grilled steak

PREP 5 min. **TOTAL** 45 min. (incl. marinating) **MAKES** 4 servings.

what you need

- ½ cup **A.1.** Original Steak Sauce
- ½ cup **Kraft** Balsamic Vinaigrette Dressing
- 2 small cloves garlic, minced
- 1 tsp. dried oregano leaves
- 2 beef rib-eye steaks (1 lb.)

make it

MIX all ingredients except steaks; reserve ¼ cup. Pour remaining steak sauce mixture over steaks in resealable plastic bag; seal bag. Turn over to coat both sides of steak with sauce. Refrigerate 30 min. to marinate.

HEAT grill to medium-high heat. Remove steak from marinade; discard bag and marinade.

GRILL steak 4 to 5 min. on each side or until done (160°F). Serve topped with reserved steak sauce mixture.

ultimate grilled steak

layered enchilada bake

PREP 15 min. **TOTAL** 1 hour 10 min. **MAKES** 8 servings.

what you need

1 lb. lean ground beef

1 large onion, chopped

2 cups **Taco Bell® Home Originals®** Thick 'N Chunky Salsa

1 can (15 oz.) black beans, drained, rinsed

1/4 cup **Kraft** Zesty Italian Dressing

2 Tbsp. **Taco Bell® Home Originals®** Taco Seasoning Mix

6 flour tortillas (8 inch)

1 cup **Breakstone's** or **Knudsen** Sour Cream

1 pkg. (8 oz.) **Kraft** Mexican Style Finely Shredded Four Cheese

make it

HEAT oven to 400°F. Brown meat with onions in large skillet on medium-high heat; drain. Stir in salsa, beans, dressing and seasoning mix.

ARRANGE 3 tortillas on bottom of 13×9-inch baking dish; cover with layers of half each meat mixture, sour cream and cheese. Repeat layers. Cover.

BAKE 40 min. or until casserole is heated through and cheese is melted, uncovering after 30 min. Let stand 5 min. before cutting to serve.

SPECIAL EXTRA: Garnish with shredded lettuce, chopped tomatoes and cilantro, if desired.

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★★★★★
reader review

"I used ground turkey breast and low-fat cheese and sour cream, and it turned out fantastic!"

Submitted on 11/25/2008 by LMC333

layered enchilada bake

chicken lo mein

chicken lo mein

PREP 10 min. **TOTAL** 25 min. **MAKES** 4 servings, 2 cups each.

★★★★★
reader review

"Wow! We love lo mein, and my children preferred this over our local Chinese restaurant!"

Submitted on 1/6/2009 by MICHELLEBERKES

what you need

- ½ lb. spaghetti, uncooked
- ¼ cup **Kraft** Asian Toasted Sesame Dressing
- 1 lb. boneless skinless chicken breasts, cut into strips
- 2 cloves garlic, minced
- 1 pkg. (16 oz.) frozen bell pepper and onion strips, thawed, drained
- ½ cup fat-free reduced-sodium chicken broth
- 1 Tbsp. peanut butter
- ¼ cup lite soy sauce
- 2 Tbsp. chopped cilantro
- 2 Tbsp. chopped **Planters Cocktail** Peanuts

make it

COOK spaghetti in large saucepan as directed on package.

MEANWHILE, heat dressing in large nonstick skillet on medium-high heat. Add chicken and garlic; stir-fry 3 min. or until chicken is no longer pink. Add peppers, onions, broth and peanut butter; stir-fry 3 to 4 min. or until chicken is done.

DRAIN spaghetti; return to pan. Add chicken mixture and soy sauce; mix well. Spoon onto platter; sprinkle with cilantro and nuts.

cheesy stuffed shells

PREP 25 min. **TOTAL** 52 min.
MAKES 5 servings.

what you need

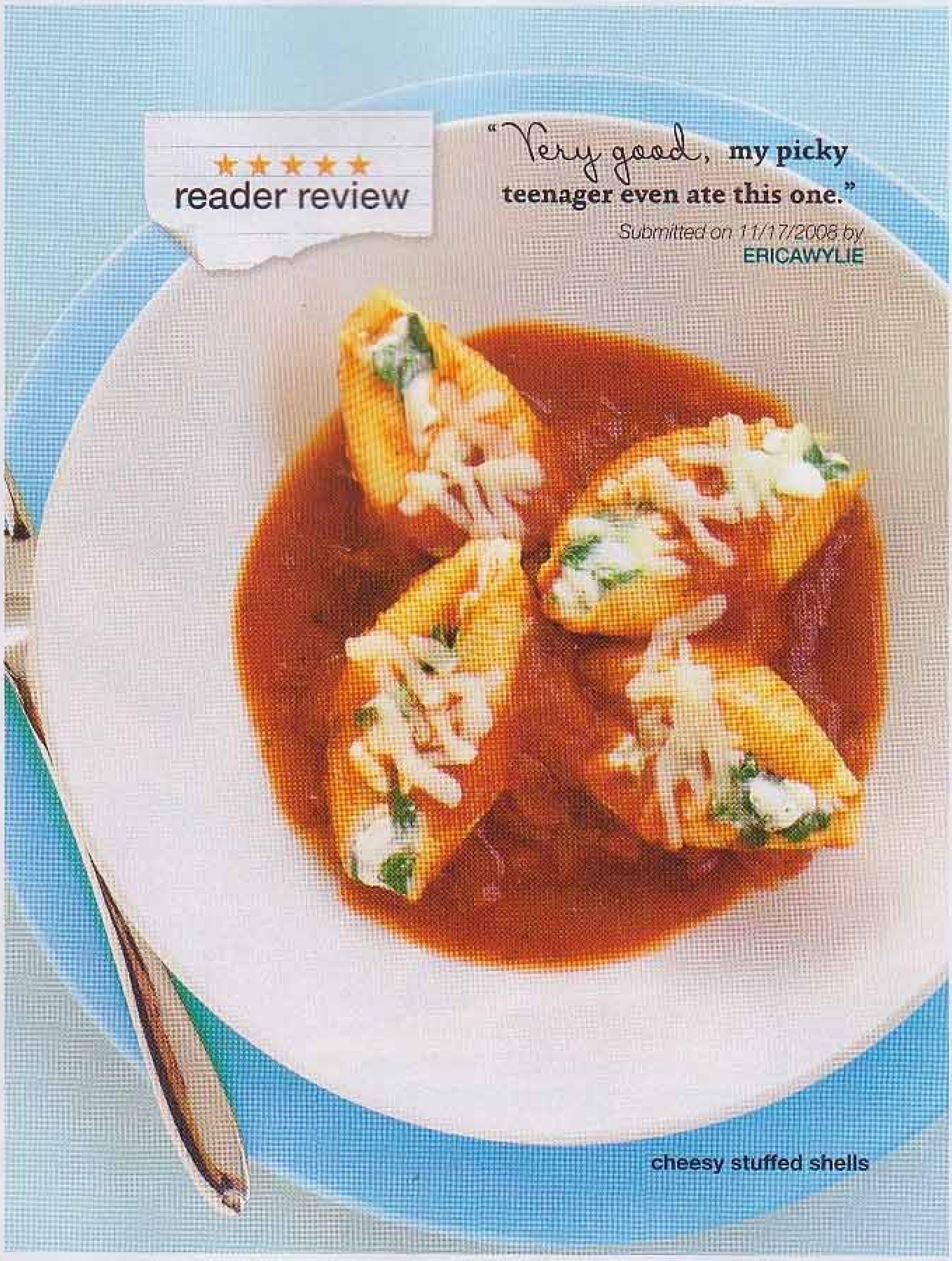
- 1 container (16 oz.) **Breakstone's** or **Knudsen** 2% Milkfat Low Fat Cottage Cheese
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
- 1 cup **Kraft** 2% Milk Shredded Mozzarella Cheese, divided
- 1/4 cup **Kraft** Grated Parmesan Cheese
- 1 tsp. Italian seasoning
- 20 jumbo pasta shells, cooked, drained
- 1 jar (26 oz.) spaghetti sauce
- 1 large tomato, chopped

make it

HEAT oven to 400°F. Mix cottage cheese, spinach, 1/2 cup mozzarella, Parmesan and seasoning; spoon into shells.

MIX sauce and tomatoes; spoon half into 13×9-inch baking dish. Add filled shells; top with remaining sauce. Cover.

BAKE 25 min. or until heated through. Top with remaining mozzarella; bake, uncovered, 2 min. or until melted.



cheesy stuffed shells

bacon cheeseburger roll-up

PREP 25 min. **TOTAL** 50 min. **MAKES** 6 servings.

what you need

- 1 lb. lean ground beef
- 4 slices **Oscar Mayer** Bacon, chopped
- 1 small onion, chopped
- 1/2 lb. (8 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into 1/2-inch cubes
- 1 pkg. (13.8 oz.) refrigerated pizza crust

make it

HEAT oven to 400°F. Brown ground beef with bacon and onions in large skillet on medium-high heat; drain. Return meat mixture to skillet. Add **Velveeta**; cook until melted, stirring frequently. Cool 10 min.

UNROLL dough onto baking sheet sprayed with cooking spray. Press into 15×8-inch rectangle; top with meat mixture. Roll up, starting at one of the long sides. Rearrange, if necessary, so roll is seam-side down.

BAKE 20 to 25 min. or until golden brown.

bacon cheeseburger roll-up

one-pan chicken and potato bake

one-pan chicken and potato bake

PREP 10 min. **TOTAL** 1 hour 10 min. **MAKES** 4 servings.

what you need

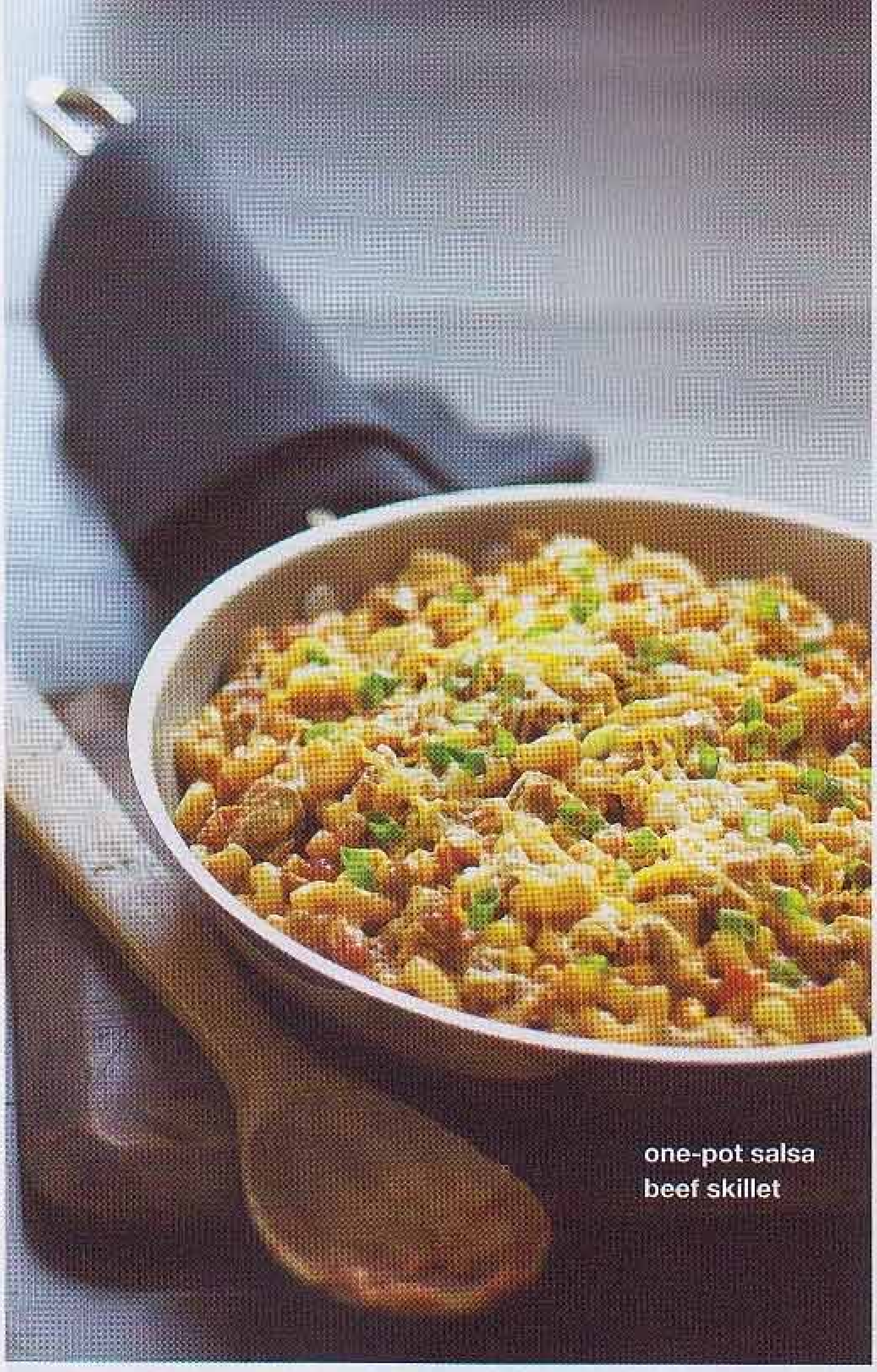
- 4 bone-in chicken pieces (1½ lb.)
- 1½ lb. potatoes (about 3), cut into thin wedges
- ¼ cup **Kraft** Zesty Italian Dressing
- ¼ cup **Kraft** Grated Parmesan Cheese
- 1 tsp. Italian seasoning

make it

HEAT oven to 400°F. Place chicken and potatoes in 13×9-inch baking dish.

TOP with dressing; sprinkle with cheese and seasoning. Cover.

BAKE 1 hour or until chicken is done (165°F), uncovering after 30 min.



one-pot salsa beef skillet

one-pot salsa beef skillet

PREP 5 min. **TOTAL** 27 min. **MAKES** 4 servings.

what you need

- 1 lb. lean ground beef
- 2 cups water
- 1 cup **Taco Bell® Home Originals®** Thick 'N Chunky Salsa
- 1 pkg. (14 oz.) **Kraft** Deluxe Macaroni & Cheese Dinner
- 2 cups frozen corn
- ½ cup **Kraft** Mexican Style Shredded Cheese
- 1 green onion, chopped

make it

BROWN meat in large skillet; drain. Return to skillet.

ADD water, salsa and Macaroni; stir. Bring to boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally. Stir in corn and Cheese Sauce; cook 2 min. or until heated through.

TOP with shredded cheese and onions.

HEALTHY LIVING: Trim 70 calories and 10 grams of fat per serving by preparing with extra lean ground beef, **Kraft** 2% Milk Shredded Four Cheese Mexican Style Cheese and **Kraft** Deluxe Macaroni & Cheese Dinner Made with 2% Milk Cheese.

Taco Bell® and Home Originals® are trademarks owned and licensed by Taco Bell Corp.

Stove Top easy cheesy chicken bake

PREP 10 min. **TOTAL** 40 min.
MAKES 6 servings, about 1⅓ cups each.

what you need

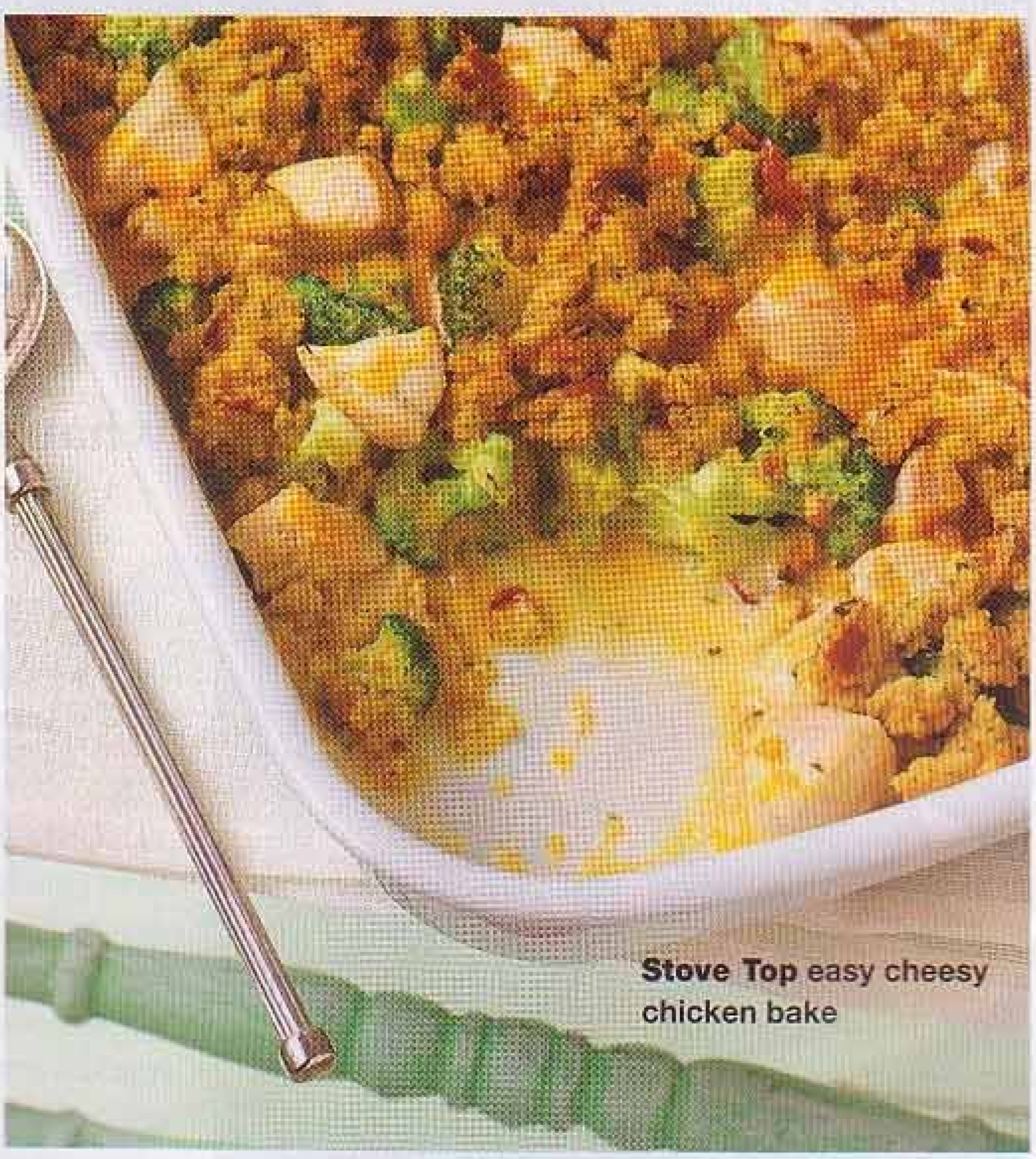
- 1 pkg. (6 oz.) **Stove Top** Stuffing Mix for Chicken
- 1½ lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 pkg. (14 oz.) frozen broccoli florets, thawed, drained
- 1 can (10¾ oz.) condensed cream of chicken soup
- ½ cup milk
- 1½ cups **Kraft** Shredded Cheddar Cheese

make it

HEAT oven to 400°F. Prepare stuffing as directed on package.

COMBINE chicken and broccoli in 13x9-inch baking dish. Stir in soup, milk and cheese; top with stuffing.

BAKE 30 min. or until chicken is done and casserole is heated through.



Stove Top easy cheesy chicken bake

quick & easy pork chop skillet

PREP 10 min. **TOTAL** 29 min.
MAKES 4 servings.

what you need

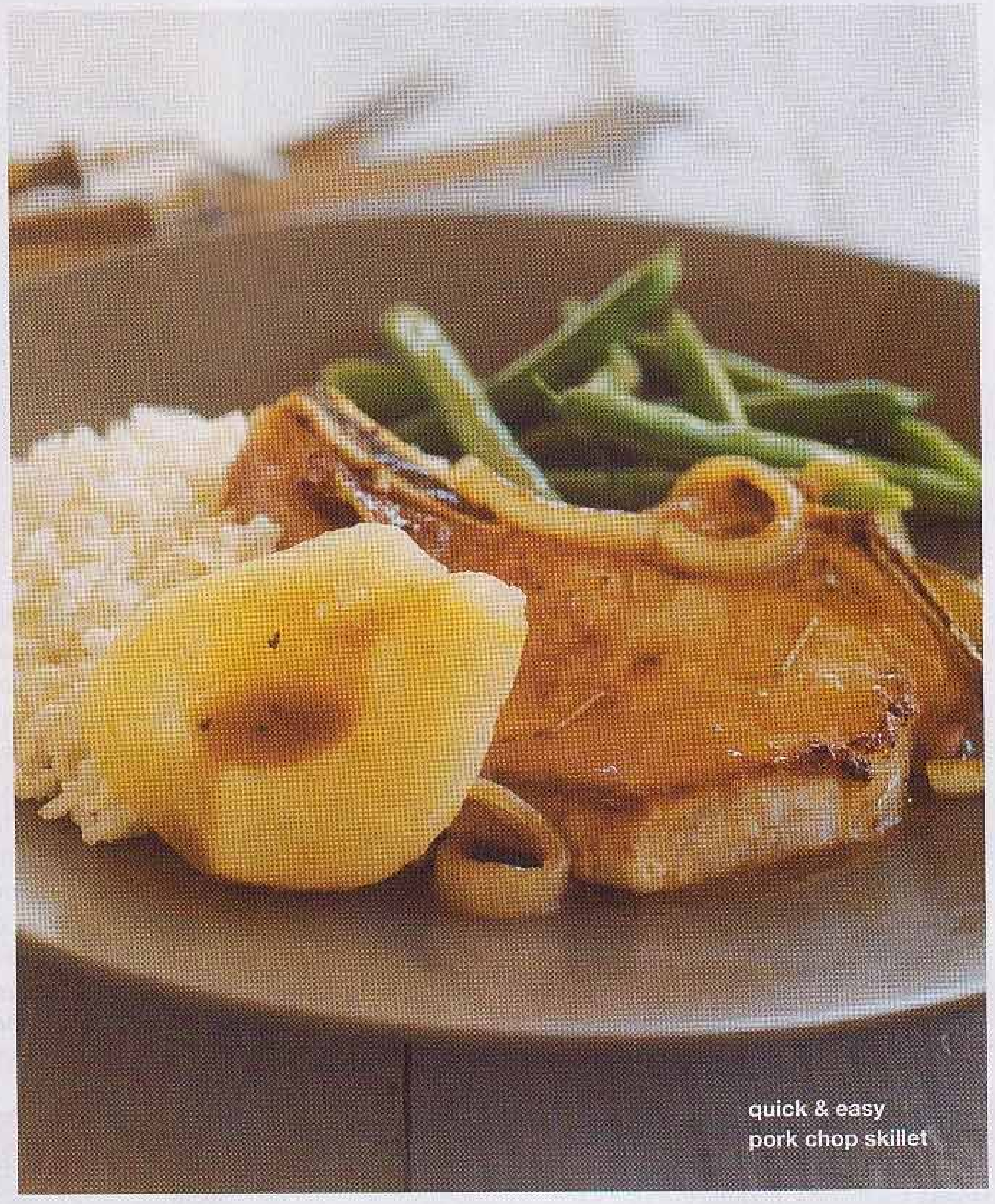
- 4 bone-in pork chops (1½ lb.), ¾ inch thick
- 1 tsp. oil
- 1 small onion, sliced
- 1 clove garlic, minced
- 1 tsp. dried rosemary leaves, crushed
- ¼ cup **Kraft** Light Balsamic Vinaigrette Dressing, divided
- 1 can (15¼ oz.) pear halves in juice, undrained

make it

COOK chops in oil in large nonstick skillet on medium-high heat 3 min. on each side or until browned on both sides. Remove chops from skillet; set aside.

ADD onions, garlic, rosemary and 2 Tbsp. dressing to skillet; stir. Cook 3 min., stirring occasionally. Return chops to skillet. Add pears and remaining dressing; simmer on medium heat 10 min. or until chops are done (160°F).

SERVE chops topped with the sauce.


quick & easy pork chop skillet

sweet bbq chicken kabobs

sweet bbq chicken kabobs

PREP 15 min. **TOTAL** 25 min. **MAKES** 4 servings, 1 kabob each.

what you need

- 1 lb. boneless skinless chicken breasts, cut into 1½-inch pieces
- 2 cups fresh pineapple chunks (1½ inch)
- 1 each red and green pepper, cut into 1½-inch pieces
- ½ cup **Kraft** Original Barbecue Sauce
- 3 Tbsp. frozen orange juice concentrate, thawed

make it

HEAT grill to medium-high heat. Using 8 long wooden skewers (placing 2, side-by-side, for each kabob), thread chicken alternately with pineapple and peppers onto skewers to make 4 kabobs.

MIX barbecue sauce and juice concentrate; brush some of the sauce mixture onto kabobs.

GRILL 8 to 10 min. or until chicken is done, turning and brushing occasionally with remaining sauce mixture.

quick bites

Favorite products and just a sampling of the many delicious ways to enjoy them. For even more tasty ideas, go to **kraftfoods.com**.

mini "burger"

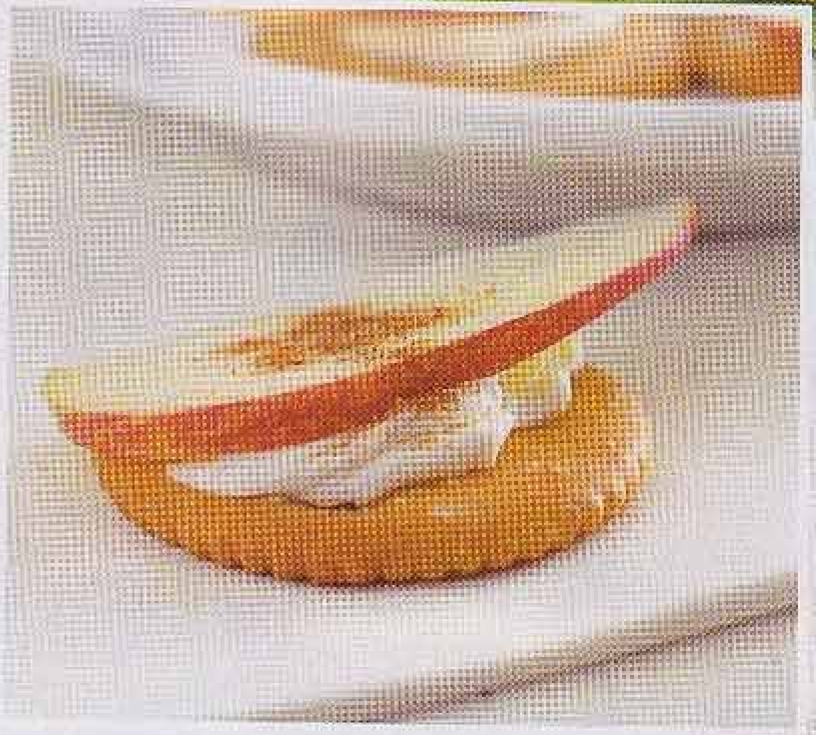
Fill 2 dinner rolls with:

- 1 **Oscar Mayer** Wiener, cooked, cut in half lengthwise, then crosswise
- 1 **Kraft** Singles, cut in half
- 2 tsp. ketchup
- 2 small tomato slices, cut in half
- 1 tsp. **Claussen** Sweet Pickle Relish

tasty topper

- 20 **Triscuit** Crackers
- 1 pkg. (10 oz.) **Cracker Barrel** Extra Sharp Cheddar Cheese, cut into 20 slices
- 1 pkg. (9 oz.) **Oscar Mayer** Deli Fresh Shaved Mesquite Smoked Turkey
- ⅓ cup cranberry-orange sauce

Top crackers with remaining ingredients. Makes 20 snacks.



snack starter

Ritz Crackers are still the perfect crackers for all kinds of toppings. Try them with **Philadelphia** Cream Cheese Spread, sliced apples and a sprinkling of cinnamon.

pizza plus

Dinner with **DiGiorno** is a working mom's lifesaver. Add a salad for a quick mealtime favorite.

desserts

25 boston cream pie minis
25 blueberry cheesecake bars
26 **Oreo** & fudge ice cream cake
27 simply sensational strawberry shortcake
27 lime chiffon pie
28 chocolate-covered **Oreo** cookie cake
28 strawberry whipped sensation
29 moist caramel-apple cake
30 crunch bars
31 layered pumpkin loaf
31 triple-chocolate bliss cake

boston cream pie minis

★★★★★
reader review

"I made them for a school bake sale and they were gone in minutes!"

Submitted on 4/11/2007 by
A COOK

boston cream pie minis

PREP 1 hour **TOTAL** 2 hours (incl. cooling) **MAKES** 24 servings.

what you need

- 1 pkg. (2-layer size) yellow cake mix
- 1 pkg. (3.4 oz.) **Jell-O** Vanilla Flavor Instant Pudding
- 1 cup cold milk
- 1½ cups thawed **Cool Whip** Whipped Topping, divided
- 4 squares **Baker's** Semi-Sweet Chocolate

make it

HEAT oven to 350°F.

PREPARE cake batter and bake as directed on package for 24 cupcakes. Cool completely.

BEAT pudding mix and milk with whisk 2 min. Let stand 5 min. Meanwhile, use serrated knife to cut cupcakes horizontally in half. Stir ½ cup **Cool Whip** into pudding; spoon onto bottom halves of cupcakes, using about 1 Tbsp. for each. Cover with cupcake tops.

MICROWAVE remaining **Cool Whip** and chocolate in microwaveable bowl on HIGH 1½ min. or until chocolate is almost melted, stirring after 1 min. Stir until chocolate is completely melted and mixture is well blended. Let stand 15 min. Spread onto cupcakes. Refrigerate 15 min. before serving. Refrigerate leftovers.

blueberry cheesecake bars

blueberry cheesecake bars

PREP 20 min. **TOTAL** 50 min. **MAKES** 24 servings.

what you need

- 6 Tbsp. butter, melted
- 2 cups **Honey Maid** Graham Cracker Crumbs
- 2 pkg. (8 oz. each) **Philadelphia** Cream Cheese, softened
- ¾ cup sugar
- 2 eggs
- 1 tsp. vanilla
- 1 jar (10 oz.) blueberry jam or preserves
- 1 cup blueberries

make it

HEAT oven to 350°F.

MIX butter and graham crumbs in 13×9-inch pan; press onto bottom of pan. Refrigerate until ready to use.

BEAT cream cheese in large bowl with mixer until creamy. Add sugar, eggs and vanilla; beat until well blended. Stir jam in jar until softened; spread evenly onto crust. Top with berries, then cream cheese mixture.

BAKE 30 min. or until slightly puffed. Cool completely before cutting into bars. Keep refrigerated.

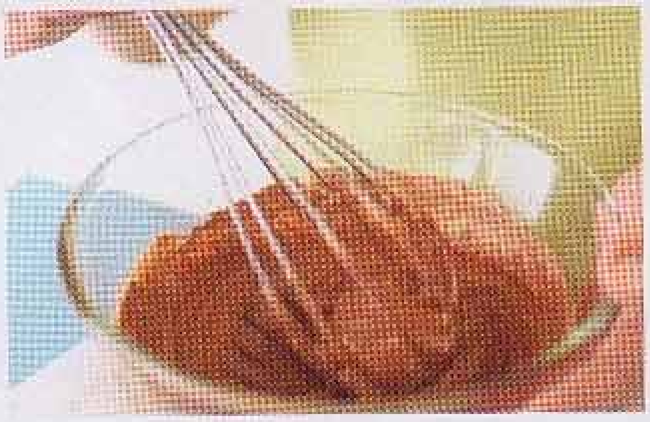
what you need

- ½ cup hot fudge ice cream topping, warmed
- 1 tub (8 oz.) **Cool Whip** Whipped Topping, thawed, divided
- 1 pkg. (3.9 oz.) **Jell-O** Chocolate Instant Pudding
- 8 **Oreo** Cookies, chopped
- 12 vanilla ice cream sandwiches

Oreo & fudge ice cream cake

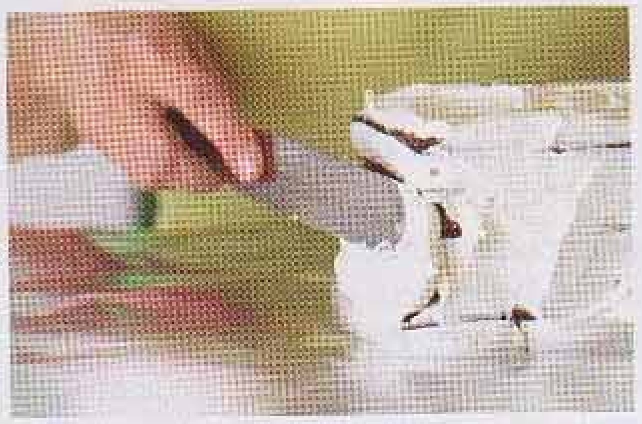
PREP 10 min. plus freezing **MAKES** 12 servings

make it



1 **pour** fudge topping into medium bowl. Whisk in 1 cup **Cool Whip**. Add dry pudding mix; stir 2 min. Stir in chopped cookies.

2 **arrange** 4 ice cream sandwiches, side-by-side, on 24-inch-long piece of foil; top with half the **Cool Whip** mixture. Repeat layers. Top with remaining sandwiches.



3 **frost** top and sides with remaining **Cool Whip**. Bring up foil sides; double-fold top and ends to loosely seal packet. Freeze 4 hours.

★★★★★ reader review

"Tasted just like a store-bought ice cream cake!"

Submitted on 3/18/2008 by A COOK

simply sensational strawberry shortcake

PREP 20 min. **TOTAL** 1 hour 5 min. (incl. cooling) **MAKES** 8 servings.

what you need

- 1¼ cups cold milk, divided
- ¼ cup **Breakstone's** or **Knudsen** Sour Cream
- 3 Tbsp. sugar
- 2¼ cups all-purpose baking mix
- 1 pkg. (3.4 oz.) **Jell-O** Vanilla Flavor Instant Pudding
- 1 tub (8 oz.) **Cool Whip** Whipped Topping, thawed, divided
- 4 cups sliced fresh strawberries
- ⅓ cup sugar

make it

HEAT oven to 425°F.

BEAT ½ cup milk, sour cream and 3 Tbsp. sugar in large bowl with whisk until well blended. Stir in baking mix just until moistened. Spread onto bottom of greased 9-inch round pan. Bake 12 to 15 min. or until golden brown. Cool in pan 5 min. Remove cake from pan to wire rack; cool completely.

BEAT pudding mix and remaining milk in medium bowl with whisk 2 min. Stir in half the **Cool Whip**. Toss strawberries with ⅓ cup sugar.

CUT cake horizontally in half to make 2 layers; stack on plate, filling with half the strawberry mixture and all the pudding mixture. Top with remaining **Cool Whip** and strawberry mixture. Serve immediately.

simply sensational strawberry shortcake

lime chiffon pie

lime chiffon pie

PREP 10 min. plus refrigerating
MAKES 8 servings.

what you need

- ⅔ cup boiling water
- 1 pkg. (3 oz.) **Jell-O** Lime Flavor Sugar Free Gelatin
- ice cubes
- ½ cup cold water
- 2 cups thawed **Cool Whip Free** Whipped Topping
- 1½ tsp. lime zest
- 2 Tbsp. lime juice
- 1 ready-to-use reduced-fat graham cracker crumb crust (6 oz.)

make it

ADD boiling water to gelatin mix in large bowl; stir with whisk 2 min. until completely dissolved. Add enough ice to cold water to make 1 cup. Add to gelatin; stir until ice is melted.

STIR in **Cool Whip**, zest and juice. Refrigerate 15 to 20 min. or until mixture is very thick and will mound. Spoon into crust.

REFRIGERATE 4 hours. Garnish with lime slices.

chocolate-covered **Oreo** cookie cake

chocolate-covered Oreo cookie cake

PREP 20 min. **TOTAL** 1 hour 20 min. (incl. cooling) **MAKES** 16 servings.

what you need

- 1 pkg. (2-layer size) devil's food chocolate cake mix
- 4 squares **Baker's** Semi-Sweet Chocolate
- ¼ cup (½ stick) butter
- 1 pkg. (8 oz.) **Philadelphia** Cream Cheese, softened
- ½ cup sugar
- 2 cups thawed **Cool Whip** Whipped Topping
- 12 **Oreo** Cookies, coarsely crushed

make it

HEAT oven to 350°F.

PREPARE cake batter and bake in 2 (9-inch) round pans as directed on package. Cool cakes in pans 10 min. Invert cakes onto wire racks; gently remove pans. Cool cakes completely.

MICROWAVE chocolate and butter in microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Cool 5 min.

MEANWHILE, beat cream cheese and sugar in large bowl with mixer until blended. Gently stir in **Cool Whip** and crushed cookies. Stack cake layers on plate, spreading cream cheese mixture between layers. Spread top with chocolate glaze; let stand until firm. Keep refrigerated.

strawberry whipped sensation

PREP 20 min. plus freezing **MAKES** 12 servings.

what you need

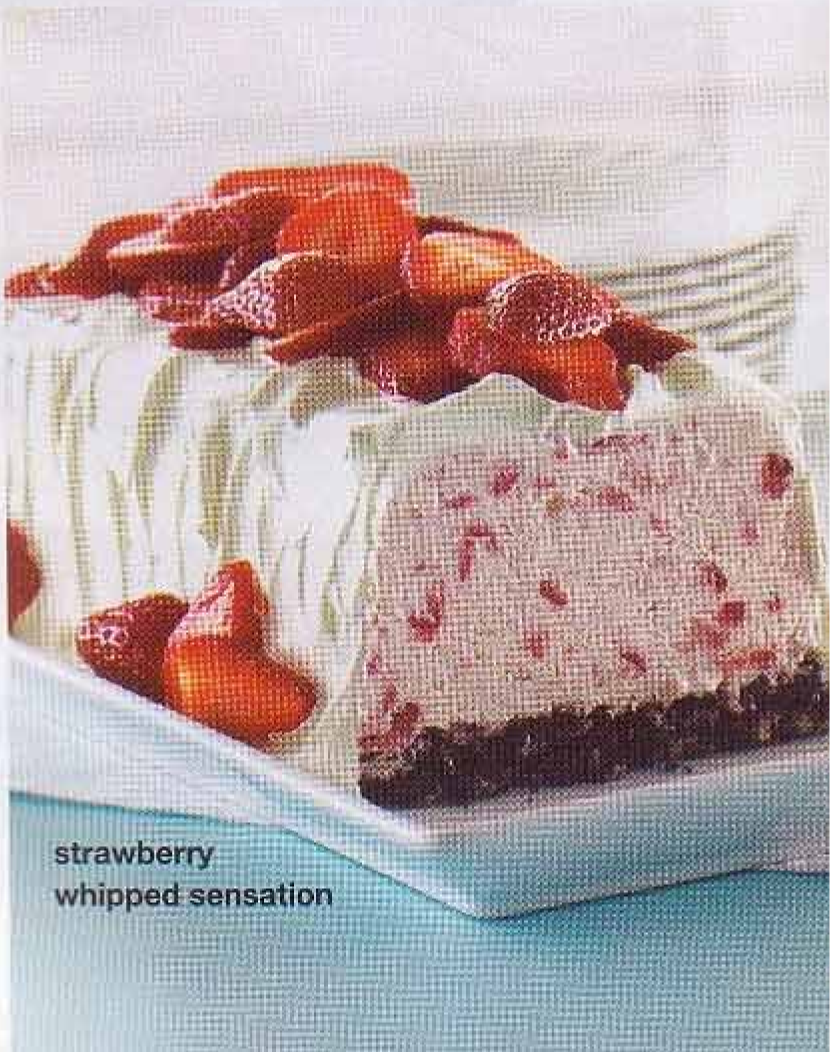
- 4 cups fresh strawberries, divided
- 1 can (14 oz.) sweetened condensed milk
- ¼ cup lemon juice
- 1 tub (8 oz.) **Cool Whip** Whipped Topping, thawed, divided
- 8 **Oreo** Cookies, finely chopped
- 1 Tbsp. butter, melted

make it

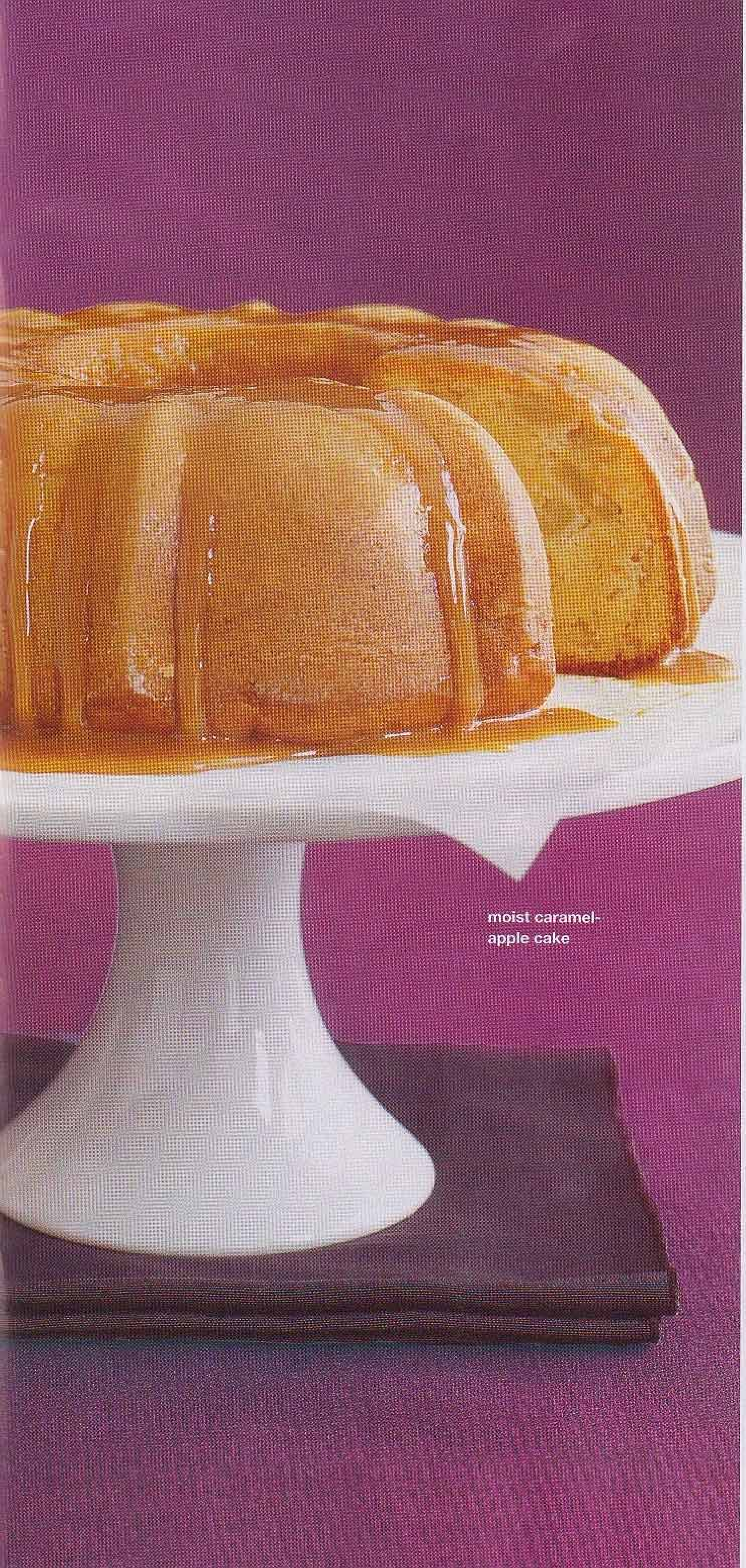
LINE 9×5-inch loaf pan with foil, with ends of foil extending over sides. Mash 2 cups berries in large bowl. Add milk, juice and 2 cups **Cool Whip**; mix well. Pour into prepared pan.

MIX chopped cookies and butter. Spoon over **Cool Whip** mixture. Cover with ends of foil; gently press cookie mixture into **Cool Whip** mixture. Freeze 6 hours or until firm.

INVERT dessert onto plate when ready to serve; remove pan and foil. Frost dessert with remaining **Cool Whip**. Slice remaining berries; use to garnish dessert. Freeze leftovers.



strawberry whipped sensation



moist caramel-
apple cake

moist caramel-apple cake

PREP 15 min. **TOTAL** 1 hour 45 min. (incl. cooling) **MAKES** 16 servings.

what you need

- 1 pkg. (2-layer size) yellow cake mix
- 1 pkg. (4-serving size) **Jell-O** Vanilla or French Vanilla Flavor Instant Pudding
- 1 cup water
- 4 eggs
- 1/3 cup oil
- 3 Granny Smith apples (1 lb.), peeled, coarsely chopped
- 20 **Kraft** Caramels
- 3 Tbsp. milk

make it

HEAT oven to 350°F.

GREASE and flour 12-cup fluted tube pan or 10-inch tube pan. Beat cake mix, dry pudding mix, water, eggs and oil in large bowl with mixer on low speed until blended. Beat on high speed 2 min. Stir in apples. Pour into prepared pan.

BAKE 50 min. to 1 hour or until toothpick inserted near center comes out clean. Cool cake in pan 15 min. Loosen cake from side of pan; invert onto wire rack. Gently remove pan. Cool cake completely. Transfer to plate.

MICROWAVE caramels and milk in microwaveable bowl on HIGH 1½ min., stirring every 30 sec. until blended. Cool 10 min. or until slightly thickened. Drizzle over cake.

★★★★★ reader review

"When he ate this cake, **my boyfriend came close to proposing."**

Submitted on 12/7/2007 by GRIMESDEBORAH

★★★★★
reader review

"These really do taste like toffee–nobody would believe the "secret" ingredient!!"

Submitted on 4/13/2006 by
GOURMETCHICK1

crunch bars

PREP 30 min. **TOTAL** 1 hour (incl. cooling) **MAKES** 16 servings.

what you need

- 35 **Premium** Saltine Crackers
- ½ cup (1 stick) butter or margarine
- ½ cup packed brown sugar
- 1 pkg. (8 squares) **Baker's** Semi-Sweet Chocolate, chopped
- 1 cup chopped **Planters** Walnuts, toasted

make it

HEAT oven to 400°F.

PLACE crackers in single layer in foil-lined 15×10×1-inch pan.

COOK butter and sugar in saucepan on medium-high heat until butter is melted and mixture is well blended, stirring occasionally. Bring to boil; cook 3 min. without stirring. Spread onto crackers.

BAKE 5 to 7 min. or until topping is golden brown. Immediately sprinkle with chocolate; let stand 5 min. or until chocolate is softened. Spread chocolate over ingredients in pan; sprinkle with nuts. Cool. Break into pieces.

crunch bars

layered pumpkin loaf

triple-chocolate bliss cake

PREP 20 min. **TOTAL** 2 hours (incl. cooling) **MAKES** 18 servings.

what you need

- 1 pkg. (2-layer size) chocolate cake mix
- 1 cup **Breakstone's** or **Knudsen** Sour Cream
- 1 pkg. (3.9 oz.) **Jell-O** Chocolate Instant Pudding
- 4 eggs
- ½ cup oil
- ½ cup water
- 3 cups thawed **Cool Whip** Whipped Topping, divided
- 1 pkg. (8 squares) **Baker's** Semi-Sweet Chocolate
- 1½ cups fresh raspberries

make it

HEAT oven to 350°F.

BEAT all ingredients except **Cool Whip**, chocolate squares and berries in large bowl with mixer on low speed just until moistened. Beat on medium speed 2 min., stopping occasionally to scrape bottom and side of bowl. Pour into greased 12-cup fluted tube pan or 10-inch tube pan.

BAKE 50 min. to 1 hour or until toothpick inserted near center comes out clean. Cool cake in pan 10 min. Loosen cake from side of pan; invert onto wire rack. Gently remove pan. Cool cake completely. Transfer to plate.

RESERVE 2 Tbsp. **Cool Whip**. Microwave remaining **Cool Whip** and chocolate squares in microwaveable bowl on HIGH 1½ to 2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute. Drizzle over cake. Immediately drop scant teaspoonfuls of the reserved **Cool Whip** around top of cake; draw toothpick through middle of each to resemble star. Fill center of cake with berries. Keep refrigerated.

layered pumpkin loaf

PREP 20 min. **TOTAL** 1 hour 25 min.
MAKES 16 servings.

what you need

- 1 cup canned pumpkin
- 1 cup plus 2 Tbsp. granulated sugar, divided
- ½ cup packed brown sugar
- 4 egg whites, divided
- ½ cup fat-free milk
- ¼ cup canola oil
- 2 cups flour
- 2½ tsp. **Calumet** Baking Powder
- 2 tsp. pumpkin pie spice
- ¼ tsp. salt
- 1 pkg. (8 oz.) **Philadelphia** Neufchatel Cheese, softened

make it

HEAT oven to 350°F.

MIX pumpkin, 1 cup granulated sugar, brown sugar, 3 egg whites, milk and oil in large bowl. Add flour, baking powder, spice and salt; mix well. Beat Neufchatel cheese, remaining granulated sugar and remaining egg white with whisk until well blended.

SPOON half of pumpkin batter into greased 9×5-inch nonstick loaf pan; cover with layers of Neufchatel cheese mixture and remaining pumpkin batter.

BAKE 1 hour to 1 hour 5 min. or until toothpick inserted in center comes out clean. Loosen bread from sides of pan; cool in pan 10 min. Remove bread from pan to wire rack; cool completely. Keep refrigerated.

triple-chocolate bliss cake

appetizers & drinks

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Easy Olive Spread	2	150	11/4.5	340	11	0	2
The Ultimate Stuffed Mushroom	2	35	2.5/1	45	2	0	<1
Zesty Hot Holiday Broccoli Dip	3	150	3.5/1.5	230	25	2	5
CHOL 5mg, SUGARS 4g, VIT A 4%DV, VIT C 15%DV, CALCIUM 15%DV, IRON 8%DV							
Mexican Layered Dip	3	170	6/1.5	420	23	1	5
CHOL 5mg, SUGARS 0g, VIT A 4%DV, VIT C 0%DV, CALCIUM 10%DV, IRON 4%DV							
Bacon Appetizer Crescents	4	130	9/4	280	9	0	4
Bacon, Cheese & Potato Chowder	5	190	6/3.5	870	24	2	12
CHOL 20mg, SUGARS 6g, VIT A 10%DV, VIT C 10%DV, CALCIUM 45%DV, IRON 4%DV							
Favorite Topped Deviled Eggs	5	60	4/1.5	75	<1	0	4
CHOL 110mg, SUGARS <1g, VIT A 4%DV, VIT C 0%DV, CALCIUM 0%DV, IRON 0%DV							
Razzmopolitan	6	20	0/0	25	4	0	0
CHOL 0mg, SUGARS 3g, VIT A 0%DV, VIT C 150%DV, CALCIUM 10%DV, IRON 0%DV							
Caramel Coffee	6	100	3/2.5	55	19	<1	1
Cafe Latte	6	60	2.5/1.5	50	6	0	4
CHOL 10mg, SUGARS 6g, VIT A 4%DV, VIT C 0%DV, CALCIUM 15%DV, IRON 0%DV							

salads & sides

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Garden Vegetable Salad Stacker	8	150	9/4	450	8	1	9
Classic Layered Salad	8	260	20/5	600	10	2	11
Chicken & Citrus Salad	9	320	17/2	590	31	8	16
CHOL 30mg, SUGARS 18g, VIT A 100%DV, VIT C 190%DV, CALCIUM 15%DV, IRON 25%DV							
Feta and Vegetable Rotini Salad	10	220	8/3	430	28	2	8
Mixed Greens & Pear Salad	10	100	6/1.5	150	10	2	3
CHOL <5mg, SUGARS 7g, VIT A 10%DV, VIT C 8%DV, CALCIUM 10%DV, IRON 2%DV							
Grilled New Potato Packet	11	150	5/1.5	210	21	2	4
Easy Cheesy Scalloped Potatoes	12	210	12/8	370	17	2	9
Maple-Glazed Baby Carrots	12	110	6/1	170	16	2	1
CHOL<5mg, SUGARS 12g, VIT A 250%DV, VIT C 6%DV, CALCIUM 4%DV, IRON 6%DV							

main dishes

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Chicken Parmesan Bundles	14	410	21/10	820	17	4	38
Cheddar Macaroni Beef Casserole	14	460	17/8	930	43	3	33
Slow-Cooker BBQ Pork Sandwiches	15	470	19/7	870	42	2	32
Baked Salmon with Tomatoes, Spinach & Mushrooms	16	190	7/1	320	5	1	24
CHOL 60mg, SUGARS 3g, VIT A 25%DV, VIT C 10%DV, CALCIUM 4%DV, IRON 10%DV							
Ultimate Grilled Steak	16	280	18/6	450	5	0	23
Layered Enchilada Bake	17	470	24/12	1110	39	6	25
Chicken Lo Mein	18	490	12/2.5	840	56	5	37
CHOL 65mg, SUGARS 11g, VIT A 10%DV, VIT C 30%DV, CALCIUM 4%DV, IRON20%DV							
Cheesy Stuffed Shells	19	400	11/5	1220	49	6	27
CHOL 30mg, SUGARS 13g, VIT A 160%DV, VIT C 45%DV, CALCIUM 60%DV, IRON 25%DV							
Bacon Cheeseburger Roll-Up	19	420	18/8	1050	35	1	28
One-Pan Chicken and Potato Bake	20	430	18/5	510	31	4	36
Stove Top Easy Cheesy Chicken Bake	21	480	23/9	1180	30	3	38
One-Pot Salsa Beef Skillet	21	650	24/10	1500	68	4	40
Quick & Easy Pork Chop Skillet	22	320	12/4	230	19	2	32
CHOL 90mg, SUGARS 13g, VIT A 0%DV, VIT C 8%DV, CALCIUM 4%DV, IRON 8%DV							
Sweet BBQ Chicken Kabobs	22	240	3/1	480	29	3	26
CHOL 65mg, SUGARS 24g, VIT A 25%DV, VIT C 110%DV, CALCIUM 4%DV, IRON 8%DV							

desserts

	PG #	CAL	FAT/SAT	SODIUM	CARB	FIBER	PROTEIN
Boston Cream Pie Minis	25	190	9/3	220	25	<1	2
Blueberry Cheesecake Bars	25	190	11/6	150	23	<1	2
Oreo & Fudge Ice Cream Cake	26	340	14/8	370	50	<1	4
Simply Sensational Strawberry Shortcake	27	360	12/8	590	60	2	5
Lime Chiffon Pie	27	130	4.5/1.5	125	21	0	2
CHOL 0mg, SUGARS 9g, VIT A 0%DV, VIT C 0%DV, CALCIUM 0%DV, IRON 2%DV							
Chocolate-Covered **Oreo** Cookie Cake	28	400	25/10	290	44	2	5
Strawberry Whipped Sensation	28	220	9/6	95	32	1	3
Moist Caramel-Apple Cake	29	280	11/2	360	42	1	4
Crunch Bars	30	220	15/6	140	21	2	2
Layered Pumpkin Loaf	31	220	7/2.5	220	35	<1	4
CHOL 10mg, SUGARS 21g, VIT A 50%DV, VIT C 0%DV, CALCIUM 6%DV, IRON 6%DV							
Triple-Chocolate Bliss Cake	31	340	20/8	360	39	2	5

Fat/Sat measured in grams • Sodium measured in milligrams • Carbohydrates measured in grams • Fiber measured in grams • Protein measured in grams